

So You Want a War Job!

Charles Clay

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SO YOU WANT A WAR JOB!

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SO YOU WANT A WAR JOB!

By
CHARLES CLAY

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With a foreword by

HON. J. T. THORSON
Minister of National War Services

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To
THE MEN AND WOMEN
ON OUR FIGHTING FRONTS,
TO
THE MEN AND WOMEN
ON OUR HOME FRONT—
AND TO
THE ASSURANCE OF VICTORY!



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FOREWORD

THIS book, which was brought to my attention by the author in proof form, has a vital message for the people of Canada. It gives an answer—in fact, many answers—to the oft repeated question: “What can I do as an individual to help in Canada’s war effort?”

Mr. Clay thinks and writes in the language of the average citizen. He clearly senses the average Canadian’s inward urge to “do something” to help win the war; and his suggestions are direct and practical.

It seems to me that every Canadian who reads this book will have a clearer idea of our country’s position in the present conflict, and will realize the many every-day opportunities to be of service to warring Canada.

J. T. THORSON

Ottawa.

PREFACE

THE reason for these pages can be stated in a sentence. Home-front Canadians must focus their powers to prosecute this war successfully. It is very necessary to have that concentration of national endeavour, which can only be brought about by every Canadian doing all he or she can. We must recognize that the Nazis and Fascists are completely organized, that every detail of their national lives is subordinated to military purposes. We must for the time being do the same. It is a "total" war: every Canadian must individually seek to help, must do and do well the tasks great and small imposed by the war.

To achieve that end, I present scores of practical and effective ways and means in which all Canadians, even though carrying on their peacetime occupations, can undertake one or more vital war jobs.

Naturally, few of the ideas in these pages are new. Most of them have already been launched upon the public from platform, over the air, in newspaper columns. But every one of those forms is more or less ephemeral. The moment a public meeting disperses, a speaker's suggestions begin to fade; the moment a radio message is concluded, a swing band superimposes its mellifluous ministrations. The newspaper is perhaps the most effec-

tive medium for launching war ideas; but even it is here today and "no more than a tattered scrap in tomorrow's dustbin". Only the energetic reader who clips out editorials and articles has any chance of retaining a more or less permanent record of ways and means of prosecuting our struggle.

Thus, *So You Want a War Job!*

I have made a synthesis of many of the ideas so far designed to harness our individual powers. To those ideas I have added several new ones of my own. The result, I hope, is a desirable spur to the achievement of victory: it is certainly in a form more enduring than platform addresses, radio speeches, even than newspaper columns.

In moments of haziness, bewilderment, discouragement, despair, this book can be picked up off the living-room table and read again: it should refreshen, re-invigorate, re-encourage wilting endeavour. There are important war jobs for all of us to do. Let us to them!

CHARLES CLAY

Ottawa.

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This is indeed a grand and heroic period in our history, and the light of glory shines upon all.—WINSTON CHURCHILL

In the long roll of History, Nazism will count but as a spasm of acute pain.

—ANTHONY EDEN

CHAPTER I

FINANCIAL JOBS!

Grant us the will to fashion as we feel,
Grant us the strength to labor as we know,
Grant us the purpose, ribbed with steel,
To strike the blow.

JOHN DRINKWATER

TO MANY of us, there come moments of exasperation that our share in the heroic opposition to Nazi scheming is so slight. Individually, we on the home front may often seem to be carrying but a small part of the burden of the conflict; our effort appears insignificant when compared with the vast accumulated national effort.

Yet this is not so. Any object is merely the sum of its parts; and that is primely true of Canada's war activity. Its success so far has only been due to the marvellous response of the seven million or so adults in our nation.

Many of these, naturally, were young men who hastened to join our military forces—on land, on the water, in the air. Thousands of others were persons who looked for opportunities to serve in civilian capacities—such as women Red Cross workers. But besides these, there remained the great bulk of Canadian citizenry. What could they do? What did they do? What are they doing?

In short, what are the war jobs we home-front Canadians can undertake? The answer is not simple. And why? Because the jobs are many and varied! That should be good news.

Yes, there are dozens of ways in which the average Canadian, apparently remotely removed from the war, can do something essential to victory. Among the first of them are those having to do with money, for war costs plenty.

A list of Canada's "dollar-a-year" men is long,¹ and includes distinguished men of business and industry. Some of these, it is true, receive living allowances; but others receive neither remuneration nor allowance. The example they have set, in withdrawing their energy and ability from their personal enterprises and in putting their talents to the service of their country, is striking. Many of us may not be privileged to undertake war jobs on that scale, but we are surely stimulated by such magnificent gestures to do what we can.

No doubt it is the example set by the "dollar-a-year" men that has evoked the wide-spread desire to donate money directly to the Dominion Government for war purposes. By September 1, 1941, these "free gifts" had reached a grand total of nearly \$2,000,000; and even yet many contributions for military purposes arrive at Ottawa daily from all parts of Canada.² Interestingly enough, these donations have taken several unusual forms.

¹ There were 100 of them by the end of April, 1941.

² Besides this, citizens of the British Empire have made outright gifts of more than \$103,500,000 to Britain's aircraft production. Much of this is from Canada. Canadians have also contributed \$27,000,000 to war charities since September, 1939.

In the summer of 1940 the farmers in a section of southern Alberta unanimously agreed to pledge a portion of their crops to Canada's war effort. They were farmers in the Albion Ridge unit of the Lethbridge Northern Irrigation District, and the *Lethbridge Herald* estimated, on the basis of average yields and prices, that each farmer agreed to donate to the war effort about \$100 at this harvest. The *Herald* commented on the gesture:

Represented at the meeting when this patriotic step was taken were natives of nearly all countries in Europe. Many farmers present were born in lands which are today enemies of the British Empire. But today they are all loyal Canadians, anxious to do their utmost in protecting the liberties they have secured in this country.

Another example of giving is that of a certain Canadian National Railways worker (an Italian only lately naturalized), who is donating "for the duration" all his wages in excess of \$1.30 per day. He has voluntarily reduced his scale of living to that of the rank of private in the army.

Such is the spirit being shown by Canadians. Individually and in organized bodies, they are making material sacrifices in order to do something directly for the war effort. Many of us, perhaps, have not yet joined this great movement to help defeat the very real menace to freedom and justice: it is not too late, and no outright contribution is too small. The Finance Department in Ottawa will be glad to add your mite to this "free gift" war fund. Send along what you can. Figure out for yourself what it would mean

if seven million Canadians put 50 cents a month into this war chest.

But there are other financial war jobs to be undertaken. One of these is to get behind a war "drive". Many of our cities have their united war-work funds—the familiar "community chest" principle. Other communities have their separate campaigns for the Canadian Legion War Services, the Red Cross, the Salvation Army (Red Shield), the Y.M.C.A. War Services, and so on. In several places these "drives" were over-subscribed; in others, collections are still going forward; in all of them, no late donations will be refused.

Another form of "drive" is that fostered by an organization with a specific aim in view. For example, there was the campaign of the Imperial Order Daughters of the Empire to raise \$100,000 for the purchase of a Canadian Bolingbroke bomber. The objective was reached (and over-subscribed by \$50,000) largely by personal contributions. Women throughout Canada rallied to the campaign. Diamond rings and other jewelry were donated, and various chapters of the I.O.D.E. held garden parties to raise funds. Three chapters in the Yukon responded with \$1,500. Another example was Vancouver's civic air-supremacy "drive" to raise funds for the purchase of 10 training planes; it went over the top so quickly that the objective was increased to 14 planes. Edmonton undertook a \$25,000 campaign to buy a Spitfire fighter. Canadian Pacific Railway employees arranged a "Golden Bomber" drive. The Dorothys

and the Georges of the Empire have their campaigns for Spitfire funds. It is possible to buy Spitfire badges individually, through "Wings for Britain", to aid the fighter-plane fund.

A great many purchase-an-ambulance "drives" have been planned and carried to fulfilment. In fact, so widespread did this laudable work become that three bands of Cree Indians on the Reserve near Hobbema, Alberta, drew interest money due them from funds they owned and bought an ambulance for the Royal Canadian Army Medical Corps.¹

The examples of these "drives", large or small, may be emulated by any Canadian individual, or society, that wants to help Canada's war effort. Every successfully initiated and concluded "drive" which contributes some piece of war equipment to Canada's military effort, means that much weight taken off the burdened Federal exchequer, means that much greater hope of ultimate victory.

Canada's Junior Chambers of Commerce and Junior Boards of Trade are active in increasing these drives. What can you or your club or society do in this regard? Get busy—it is a war job for you.

Nor is there any excuse for those Canadians, who may feel they cannot afford outright gifts, for not doing something. The Dominion Government's War Savings Certificate plan is sound and

¹ The Department of Indian Affairs reports that Indians in every part of Canada are contributing generously to Canada's war effort. By November 15, 1941, some \$7,000 had been sent to Ottawa, besides several thousands more given directly to local organizations.

worthwhile for those of us who do not have large enough cash sums on hand to buy bonds (in \$50 or \$100 units) in the big war-loan campaigns.¹ To participate in the War Savings Certificate plan is to help the war effort, and to help oneself quite handsomely into the bargain.

Look at the plan from a straight investment angle. It is possible to spend annually up to \$480 in Certificates. They mature at the end of 7½ years. Most of us, however, cannot afford to take \$40 a month out of our salary. But smaller purchases are just as acceptable: \$4 invested each month for 7½ years will return you \$5 per month for the following 7½ years; \$8 invested each month for 7½ years will return you \$10 per month for the following 7½ years; \$20 invested each month for 7½ years will return you \$25 per month for the following 7½ years.

Beyond all argument, War Savings Certificates are an investment. They promote thrift, lay a foundation of security, appeal to the spirit of self-respect and self-reliance. On these grounds they meet a need.

But, far more than such things, and more terribly vital, War Savings Certificates are a challenge to patriotism.

War Savings Certificates! The Government could have called them "National Safety Certificates". For that, in stark truth, is what they are. They are a call to all of us, and provide means for

¹ Ask your local War Savings Committee, or your banker, for the pamphlets "You Serve by Saving" and "What Are War Savings Certificates?"

all of us, to do a war job. They are a dictate of war duty which no one can be forgiven for ignoring. War Savings Certificates ask us whether, in this terrible conflict, with all that we are or ever hope to be at stake, we are content with lip-loyalty to our cause; content with abuse of Hitler; unwilling to make even moderate sacrifices for the sake of all our future. Upon the grounds of democratic responsibility, of a wider devotion to the principle of voluntary citizenship, the War Savings Certificates meet a need.

Are we willing to back up our soldiers, our sailors, our airmen? Are we willing to deny ourselves things we can yield easily for their sakes? Are we willing to contribute something to feed and arm them, to sustain their strength, to tell them that back at home their people are supporting them? This—above all else—is the challenge of War Savings Certificates.

An extensive organization is in existence to see that no individual citizen has an excuse for neglecting his purchase of War Savings Certificates, either as stamps or as complete certificates. The aim to "enlist" 2,000,000 regular weekly or monthly purchasers has been achieved. But this home-front "army" must be increased. Will you volunteer?

Go out and purchase a War Savings Certificate right away. Or begin the purchase of one by buying one or more War Savings Stamps which can be applied on a \$4 Certificate. You should be able to invest at least five per cent. of each

salary cheque. When you have done that you have begun a war job—your patriotism has expressed itself.

Canada's annual War Savings Certificates purchases should attain a level equal to \$120,000,000—which is only \$10 per capita, after all. We must not fail.¹

During recent months there has been a curious and important development concerning War Savings Certificates, whose inception is worth recalling here—if by recalling it we can foster it further. That development was a campaign to have War Savings Stamps used as prizes in competitions of all kinds—at picnics and fairs; at tennis, golf, bowling tournaments; at aquatic and land sports meetings; at bridge games; in schools; and so forth. Big commercial firms which have annual outings, and various societies, lodges, and national associations, which have periodical jamborees, participated in the campaign. The Canadian Automotive Trade Association held a “wash out Hitler” day, and refunded to each customer who had his car washed the cost of the job in War Savings Stamps. In that way thousands of people were started on their way toward the purchase of a War Savings Certificate. A certain Winnipeg music teacher adopted the idea of giving a War Savings Stamp free with each lesson. Birks-Dingwall set aside a day in which each \$2.50 purchase won a refund of a 25-cent War Savings Stamp.

¹ The National War Savings Committee reports that the rate of purchase for 1941 works out at \$85,000,000 annually.

The Western Canadian Union of Piano Tuners employed a similar plan for all work done.

Many firms now urge customers to take part of their change in stamps. Some business men purchase booklets of stamps and use them as tips to porters, red caps, taxi drivers, waitresses, during their travels. Sportsmen are using them to pay bets.

These uses of War Savings Stamps are excellent on several counts. In the first place, in themselves the stamps form excellent media for prizes and permit easy graduation from third or fourth prizes up to firsts. In the second place, they make easily modified premiums. In both cases, they are a great incentive to thrift. A person presented, for instance, with a card to which had been affixed perhaps three or four 25-cent War Stamps, naturally is anxious to save and affix more stamps, until the total of 16 has been reached and the card can be exchanged for a \$4 Savings Certificate with a face value of \$5.

Every one of us, then, who has anything to do with organizations or meetings in which prizes are part of the routine, should make it our war job to foster this use of War Savings Stamps.¹ The same applies to business or professional premiums. Added to the individual purchase of Stamps and Certificates, it will mean a greatly increased sale, and consequent accumulation of war-effort funds.

¹ A unique development was the offer, in 1941, of the Toronto Tax Sales Service to accept War Savings Stamps at their face value up to \$50 in payment of accounts.

And we can be sure that if we all do not voluntarily co-operate in thus helping to provide the sinews of war, the Government will be forced to tax more heavily than it has already done. Moreover, if we are not willing to loan now to pay for the war, we will not only have to give later on but we shall also run the risk of losing the war through inadequate effort.¹ Determination is not enough. Determination must be backed by means, and means of fighting cost money. We, individually, must provide that means if Canada is going to give a good account of herself in this war. It is our war job.

These are a few of the practical financial jobs we can undertake to help win the war. There are others. Let us examine some of them separately. There is the war job of promoting tourist traffic, the war job of preventing waste. There is the matter of our national health. There are many spiritual and emotional problems. But first and foremost there is an economic problem: there is an imperative need for us to use our money wisely. Perhaps that should be examined next.

¹ Minister of Finance, J. L. Ilsley, speaking at Timmins, Ont., Sept. 4, 1940: "Our wealth and resources would be as chaff before the fleeting wind if Hitler won."

CHAPTER II

KEEP THE HOME FIRES BURNING

Our grand business undoubtedly is to do what clearly lies at hand.

THOMAS CARLYLE

STUDENTS of war and military science are already labelling this the Second World War.

They call it a battle of machines, a struggle based on applied science, and so on. It is, in part, all those things. But it is not any the less an economic war. The victors will be those whose policies of domestic and foreign trade and commerce can withstand the strains and pressures of total military organization. Converting that thought into terms of individual citizens, it merely means that tremendous consequences depend upon how you and I use the money we receive in the forms of wages, salaries, or dividends.

Victory will come to Great Britain and her allies by slow accretions of strength, by courageous and patient accumulations of material reserves, by that endurance which will tip the balances in our favour. There is no doubt now that it will be a long road. But that should not dismay us. The Canadian Government has had the vigour and the ability to take the initiative, and has accepted the burdens and responsibilities of "total" war. It has had the vision and the courage and the strength

to create new opportunities for national and individual contributions to the common cause. In his 1940 Budget speech the Hon. J. L. Ralston, then Minister of Finance, said:

In the measures which I shall propose we are endeavouring to ensure that at least a very large proportion of the increase in national income shall be diverted to war purposes while, at the same time, bringing the country to the maximum use of its labour, plants, and resources.

Such was the basis of our Government's attack on the problem of Canada's internal economy, to assure most efficient prosecution of the war. The 1940 and 1941 Budgets were built upon exceptionally sound lines, because they were built on the principle of taking money directly from individuals and corporations that have it in their possession. There has been wide-spread response to this good judgment. With little hesitation or grumbling Canadians have pulled in their belts and are prepared for the long grind.

The fact that governmental expenditure has reached a new high in the Dominion's history does not produce anything but strong resolution to see it through. This resolution, however, is no doubt the result of an awareness of an important fact: if it be true that by all previous standards the new taxes and the increases in the old taxes appear to be heavy, it is also true that the national income is rising, and that therefore the war taxation is not an unduly heavy load for the Canadian people as a whole. Judging by the Budget estimates, the increase in tax revenue for 1941-42 is equivalent

to no more than one-third of the probable increase in the national income for the same period. We shall turn in a moment to the uses to which that extra two-thirds should be put.

For revenue purposes, the Government is relying mainly on heavier income taxes—the excess profits tax, the increased rates and decreased exemptions on the personal income tax, and a flat-rate tax on all incomes down as low as \$660 for single persons. Between the very wealthy Canadian who is carrying one of the heaviest income-tax loads in the world, and the very poor Canadian who is carrying one of the heaviest consumption-tax loads in the world, is the large Canadian middle-income group which escapes relatively lightly. It is this wide field of incomes between the very rich and the poor which was attacked most energetically by the 1940 and 1941 Budgets.

The purpose of this taxation is twofold. The first obvious purpose is to raise war money. The second less obvious but fundamental purpose is to prevent money from being spent on anything but the war effort—to prevent the rising money-incomes of Canadians from much increasing their demands for peacetime goods and services, and thus from competing for labour and materials needed in the war programme.

This twofold purpose creates a twofold problem for the average Canadian—a problem involving patriotism and sacrifice.

The Canadian citizen, whatever his rank in our national community, should pay up his personal

taxes willingly, quickly, fully. He should avoid the picayune practice of seeking legal loop-holes to avoid paying, of employing economic dodges to pare payments. He should even pay in advance if he can, as the new income tax arrangements provide. Our war effort demands funds; if we imperil it through lack of funds, we imperil also our entire national integrity, together with each individual's integrity. Defeat would have the most violent and painful effects upon each one of us, producing a far more sharp curtailment of economic activity than the relatively modest war taxes now required of us.

This willingness to pay taxes in full measure applies even more particularly to corporations. With them, not only are larger amounts of money involved, but in most cases the income increases due to the stepping-up of business from war activity are greater. Therefore there is greater ability to pay the new taxes. To prevent evasion, the Dominion Government has wisely obtained power to determine what is a reasonable expenditure for advertising and salaries and other corporation expenses. It has also provided power to review and assess transactions believed to be of a specious character designed to avoid or minimize tax, whether the transaction is entirely contained in Canada or whether with persons or corporations in the United States.

It is perhaps lamentable that a democratic government is forced to resort to such measures. Big business should refute the implications by tak-

ing every step to comply with the new taxation requirements, erring on the side of generosity if anything. After all, big business under the dictatorial governments now at war with Canada is not in a particularly happy condition; and such a situation must be the prospect of Canadian corporations if we are defeated. To prevent such eventualities, let big business co-operate willingly and completely to help win this war: let it produce its legally levied taxes in full measure, heaped up and running over!

That brings us to the second part of the economic problem confronting the average Canadian. If our war effort increases business and industry, and swells our national income prodigiously, and if increased taxation takes but one-third of this new money, what about the other two-thirds?

Upon income depends standard of living. In Canada there are three types of Canadians—those who are above a generous standard of living (compared with even Great Britain), those who are at that generous standard, and those who are a little or far below it. These latter include Canadians who have been completely or partially unemployed for some time. The new money-income will affect these three classes differently.

Anyone who has been existing on an insufficient living standard through lack of full-time work must of course satisfy his needs from his share of the increased wartime national income. This additional buying, however, will not be the type of

buying that would produce any difficulties in meeting our war effort. The buying that would be harmful is that of excessive comforts and luxuries. Such buying will come from the first two of the above classes—those higher than the generous-living standard, and those at it. Some reduction in personal consumption there must necessarily be, and it can easily be made by those of us who fall into these two groups.¹

We must cut down on non-essentials and private satisfactions, and turn over the excess of our income to the Government as a “free gift”, or by purchasing War Bonds or War Savings Certificates or non-interest-bearing loan certificates.² Or we should use the excess for participation in one of the various public service “drives” described in the previous chapter. There is every need for the average Canadian to heed the call of sacrifice. We on the home front must all make a special effort to live plainly and fight with our money. It is our job.

Some of us, however, may desire an explanation of the necessity for reducing our personal consumption of goods. Often told that spending pro-

¹ Said S. E. Nixon, director of research of the Federal War Savings Committee, on May 28, 1941: “Reluctance to voluntarily decrease our consumption may retard our war effort.” Said R. C. Berkinshaw, Chairman Wartime Industries Control Board, on Sept. 27, 1941: “The ever-increasing demands of an all-out war effort are such that further curtailment of supplies for civilian use is inevitable.”

² By the end of August, 1941, these non-interest-bearing certificates, which provide a means of investment for individuals and corporations wishing to loan money to the Government for War purposes, had been taken up to the value of over seven million dollars.

duces business turnover, that business turnover produces prosperity, and that prosperity boosts available tax-income, we may not be clear on this need for wise spending. Examine for a moment the effects of war upon industry. Its immediate effect is to withdraw numerous industries from the ordinary commercial pattern. How many of us have not seen the various newspaper reports these past months, detailing the scores of war-department contracts occupying the attention of many business concerns? How many of us have appreciated what they meant?

In many cases the entire facilities of the industries involved have been occupied to fill war orders. For what commodities? Clothing of all kinds and accessories, rope and cordage, canvas, optical instruments, automobiles, machinery tools, hardware, electrical equipment, and so on, down an astonishingly long line of products. Transmute that into terms affecting you and me.

It meant that the new tents planned by twenty or thirty thousand Canadians for their camps last summer had to be temporarily abandoned. It means that instead of two new suits and four or five new dresses usually bought each year, our men will have to get along on one new suit and our women on a couple of new dresses each year. It means that the idea of purchasing a pair of opera glasses, with which to add pleasure to this season's concerts, will have to be foregone. It means, in general, that we must give up for the time being the purchase of articles whose production requires

labour and equipment that is being used in the war effort.¹

And supposing too many of us scorn this economic advice, then what? Here is the grim tale.

Every working man or woman likes to get a raise in pay whether it is gained by increased individual proficiency or by general improvement in trade, and there are few pleasures that compare with the joy of planning how to spend the fattened pay cheque. The first impulse, and the natural one, is to proceed at once to buy things that make living more pleasant, buying especially things that once were considered minor luxuries. Even in ordinary circumstances anyone who sets out to convince people that this is possibly a little short-sighted would express his views to a small audience. Yet that advice must be given. At the present time, spending more money would in short order snatch from those receiving increased salaries any benefit their enlarged pay cheque would bring.

With Canada at war, every expansion programme has been designed with the object of supplying the war needs of the country. Ordinary comforts and luxuries have been and are being produced in less than normal amounts. The Government is taking steps to license Canada's 200,000 manufacturers, jobbers, wholesalers, retailers. This is a move to control by law the distribution of non-essential

¹ This warning was given by Douglas Givson, economist of the Bank of Nova Scotia, at the 1940 meeting of the Canadian Institute of Economics and Politics. We must divert more productive energy to defence. Germany is using five out of every eight hours for military purposes. We may have to match or better that.

goods, if consumers will not control their desires voluntarily.

If the money from the increased pay cheques were pushed right back into circulation again through the buying of comforts and luxuries, in excess of amounts previously purchased (or even as previously purchased) there would be only one result. With additional money in circulation to buy these things, there must be a tendency for prices to rise on the increased demand. The net result would be that more money will be required to buy goods than was required before the rush started to turn out war materials.

If increased salaries were at once used for buying sprees, eventually a situation would arise where the increased salaries would buy no more than smaller salaries bought before the increased tempo of war production was established. The larger salaries would bring no practical benefit. Moreover, this foolish spending would do a great deal of harm to those who work on peacetime industries and who have not felt any industrial boom with higher salaries and wages.

This is what the too-often-ignored economists call inflation.

Of course, a reasonable amount of pleasure and recreation spending, and spending on non-essentials of a cultural nature, is as necessary or more necessary now than in peacetime. It is a good way to prevent the jitters and to help maintain the general morale. But the line should be distinctly drawn at the extravagant expenditure of money

on physical and mental pleasure. This is no time for that sort of life and for the reckless squandering of income. The war against the menace of Hitlerism and tyranny is costing Canada a terrific amount—it works out at about \$204 per person per year—and the Government needs every dollar the people can lend.¹

It is this situation which has prompted the Federal Government to curtail wide non-essential expenditures by the application of taxation designed to canalize the flow of consumers' money. It is this situation, too, which has been responsible for the close watch on Canadian-United States exchange, as it might be affected by individual Canadian tastes and plans. On the one hand there have been the restrictions concerning the exportation of currency to the United States and concerning the spending of Canadian currency south of our border by Canadian holidayers. On the other hand, there have been restrictions to hold down our imports from the United States, and thus assist in the conservation of United States exchange for war purchases.

¹ The following table summarizes estimated revenue and expenditure in the 1941-42 fiscal year in round figures:

Expenditure

Total	\$2,820,000,000
Total War Expenditure	\$2,350,000,000
Direct war	\$1,450,000,000
For Britain	\$ 900,000,000
Ordinary Expenditure	\$ 470,000,000

Revenue

Total Needed	\$2,820,000,000
Estimated Revenue	\$1,500,000,000
To be met by funds borrowed from people	\$1,320,000,000

The government has imposed a ban on the manufacture of new models of automobiles, radios, refrigerators, and other household electrical appliances. The ban also includes importations. Import of steel for non-war industries has been rigidly controlled. Non-essential fruits and vegetables are barred entry. And so on down a long line. It is very comprehensive. It will mean reduction in Canadian living standards.¹ But the sacrifices are justified when we consider the end in view—the smashing of Nazism.

As a further measure to control our economic set-up, the Government has put a “ceiling” on domestic retail prices. Donald Gordon, chairman of the Wartime Prices and Trade Board, has appealed to all—housewives especially—to watch for price rises, and report them at once. Such democratic co-operation would make this anti-inflation move work.

Nor is this the complete story of the economic war jobs you and I have to do. In July 1940, the Canadian Foreign Exchange Control Board made it compulsory for travellers to the United States to carry forms certifying that the amount of

¹ Ordinarily, with these imports blocked off, Canadian factories making these or substitute articles would expand production and fill the increased demand. But the Government will not allow this to happen. We must determinedly cut down our expenditures to release money for the purchase of War Savings Certificates and other war bonds. To make sure of this, in addition to imposing heavy taxes on these articles, the Government has ordered a 25 per cent. reduction in production of last year's models of radios, electric refrigerators and stoves, gas stoves, vacuum cleaners, electric washing machines, effective October 1, 1941. When the Government issues a list like this, it is telling us in plain terms what we should avoid buying!

money they had, no matter how small, had been officially released for such purposes. The board also reduced from \$100 to \$25 the amount Canadians might export to the United States monthly without license. However, permits may be granted for export of larger sums for reasons of health, emergency, and certain business dealings. This applies to both United States and Canadian exchange. The new regulations followed on the heels of the announcement of Hon. J. L. Ralston, former finance minister, that no funds at all for purposes of pleasure travel in the United States would be issued.

The explanation is quite simple. When we buy in the United States for our Active Service Force we must pay cash. Outside of reserves of American funds and reserves of gold, the Canadian government has a limited supply of United States currency coming into the country which can be used for war buying. Our exports to America bring in currency; United States visitors coming into Canada bring in currency; gold produced in Canada is readily accepted for United States currency.

With the total currency obtained in Canada from these sources we must do our normal buying and also our war buying in the United States; and after that we must dip into our reserves. War buying must take precedence, and if there are methods of cutting down our normal peacetime buying in the United States these must be used.

Holiday spending in the United States, and the purchase of non-essential American products, are

expenditures that we can reduce. We may thus create a situation that is inconvenient and annoying, but it is most necessary for successful war effort. We therefore accept it with resolution. It is another war job for us.

The importance of this aspect of our war effort is clear. Let us stress it by concluding with further reference to problems broached earlier in this chapter: to the real necessity for avoiding inflation, and to the equal necessity for accumulating savings which may be lent to the Government for the prosecution of the war.

If inflation caused by excessive spending is to be avoided, additional money that is earned can best serve those receiving it¹ and the country generally if such money is saved. However, though the increase in individual incomes which is resulting from the rising level of wartime production will facilitate the growth in the nation's savings, it must be remembered that part of this increase has already been taken by the tax system. Furthermore, part of it will not be available in the form of savings because many of the recipients of increased incomes are not in a position to save. But all other Canadians—the bulk of them—should determinedly increase their savings.

If it is true that every possible dollar of current taxation must be made available for the purposes of the war, it is no less true that into the same

¹ As a matter of cold fact, saving money at the present time, to spend after the war, when it will go farther (because industry will be less burdened and prices therefore lower) is the only way any advantage may be had from today's increased pay cheques.

channel must the public pour its surplus capital wealth.¹ And this must be done without repining or any looking backward to happier days:

For what avails the plough, or soil,
Or land, or life, if Freedom fail?

In the preceding chapter we examined the several ways in which saved money can be invested in Canada's war effort. Read that chapter again, and choose which way shall be yours! And remember, no saving is too small.² Saving is one of the most important war jobs we can do.

We home-front Canadians must mobilize our strength, not only in men but also in industry and finance, on a scale hitherto unknown. We must forge the vital links in the chain that will at last drag our foes down to defeat. We must match our troops in action—on land and sea and in the air. We must match them in coolness, steadiness, patience, courage.

The home-front is made up of individuals, every one of whom is in the war and has a war job to do. The home-front's success will be measured by the success of these war jobs. We must not fail to keep our home fires burning!

¹ See *Why War Savings?* a pamphlet by C. H. Herbert (Toronto: Ryerson Press).

² Discussing restrictions of spending and saving in an October, 1940, issue of the *Financial Post*, Toronto, Prof. A. F. W. Plumptre, Toronto University economist, had this to say: "As long as the Little Man saves—refrains from spending all his income—it does not matter to the Government whether he holds the proceeds in life insurance or bank deposits or in government bonds or even in the form of hoarded currency. The saving releases labour and equipment for governmental purposes; and these resources can be bought by means of funds raised from insurance companies or banks or even in the form of newly-issued notes."

CHAPTER III

SOUTH OF OUR BORDER¹

Who doing the best his circumstance allows
Does well, acts nobly; angels could no more.

BISHOP YOUNG

WE HAVE noted in the foregoing chapter some of the things that make this a financial war—or at least an economic war. A corollary is the importance to Canada of a large influx of tourists from the United States, tourists bringing American dollars into this country. We need those dollars for exchange purposes, for the purchase of war materials in the United States.

Of course, for some years now Americans have been interested in Canada as a holiday ground. As a result there has arisen the tremendous annual flow of tourists from the United States to Canada. In 1939 sixteen million holidaying Americans brought something like \$300,000,000 into our country. It was big business with a vengeance, even if spread over many Canadian enterprises.

¹ This chapter was written before the United States entered the war. It has been left in the book for several reasons. We and our "Good Neighbour" are both in the fight now; and it is possible that Americans visiting Canada, and seeing the steadiness of the Canadian people in wartime, may learn something of home-front morale. Besides this indirect value to Americans, there is the direct value of relaxation. Civilians, like troops, must get out of the firing line periodically in order to withstand the strains of war. Holidaying in Canada will get Americans out of their home-front "firing line."

Every American who visits Canada must be housed, fed, transported, entertained. He makes work for hotel, rooming-house, tourist-camp employees. He eats the farmer's grain, livestock, poultry, dairy produce. He consumes the crop of the market gardeners and the fruit growers. Transporting him makes work for those who operate our railways, street cars, motor buses, taxi-cabs. He even provides work for those engaged in entertainment projects. There is virtually no business which is not effected either directly or indirectly by the American tourist and his dollar.

Of course, Canada is rich in tourist attractions. We have a glorious summer climate and a thrilling winter one. We have all types of magnificent scenery. We have historical spots of the most alluring kind. Our National Parks are among the best in existence. We have what is considered the world's best inland, fresh-water fishing in lakes and streams. There is nothing to prevent us from becoming a tourist objective of international renown, except our own lack of intelligent interest.

Naturally the appeal of these attractions has, especially since the autumn of 1939, been adroitly stimulated by an organized but tactful tourist campaign. There has been the work of the Federal Travel Bureau, the Railways, and the Provincial Tourist Bureaus. Two and a half million dollars have been spent by travel agencies to attract American visitors to Canada. To bring the importance of tourism fully home to Manitobans, and indeed the whole of Canada, the Young Men's

section of the Winnipeg Board of Trade organized a special intensive campaign to encourage Americans to visit Canada and to urge Canadians to "Be Good Hosts to Good Neighbours". The Cornwall, Ontario, Board of Trade supplies envelope stickers to local firms and industries. Placed on mail going south of the border, the stickers advertise Canada's advantages to the United States tourist. The Ontario Government is offering large cash prizes for best photographs taken by Americans in Canada.

However, there is still need for some further constructive publicity concerning tourist trade. Chiefly, there is need for the co-ordination of all our scattered tourist effort on a nation-wide scale. And, as well, there is need for every single Canadian, no matter what his status, to become active in stimulating American interest in Canada's holidaying opportunities.

This brings us to the crux of the matter. What can each of us do individually to increase this valuable tourist trade—how can we make it one of our war jobs?

To date, too many of us individually have shown an astonishing apathy towards the encouragement of tourism. Mention its business possibilities to the average person and he will indifferently say that the whole thing is the concern of the merchants. Mention its tremendous importance¹ as a way of increasing our United States exchange,

¹ The Canadian Junior Chambers of Commerce rightly hold that the tourist business is second in importance to our win-the-war effort.

and the average person will regard the notion blankly. But the fact is that the greatest degree of tourist-trade success can only be achieved if every single adult Canadian takes a hearty personal interest in the cause, and an active interest. Each of us must add our individual weight to that of the organized effort to stimulate the influx of Americans.

If every adult Canadian could persuade even a single American neighbour to holiday each year in Canada, then seven million Americans would cross our border on such invitations alone. Add that to the sixteen million Americans who already visit us per year. The total would be marvellously increased, and the income from tourism would reach pretty close to half a billion dollars!

The issue, then, is for each one of us to do a war job of convincing Americans that Canada is literally packed with exciting vacation places, in both winter and summer. Let us spread this information south of our border. Let us also stress the very simple conditions of entry, the fact that the United States dollar is at a premium in Canada, and that there is a remarkably warm welcome awaiting all tourists.

There is nothing truer than the fact that individually each of us can do a tremendous amount to encourage tourist traffic. Indeed, it is more than possible that we average citizens can do as much as the organized government bureaus if only enough of us put our energies into the effort.

Let each of us take it upon himself to write to one or more of his American friends, or to former

American tourists whose names and addresses may be found in various local tourist registers. Tell them about the beauties and pleasures of our country. Tell them frankly the reasons why they are doubly welcome here. Point out that American dollars spent in Canada almost immediately return to the United States in payment for war supplies, and that therefore tourists not only get good value for their money but also enable their own war industries to co-operate in British and Canadian defence. Point out that relaxation from war strain is necessary for efficient and steady home-front effort.

Therefore let us begin our letter writing today. And if we are too busy to write letters, at least we can send to our local Travel Bureau for pamphlets and other literature about holidays in Canada, and mail them southward. Our Parks Bureau at Ottawa has a batch of magnificent brochures describing the delights of our National Parks. Copies for mailing may be had. Special tourist editions of newspapers and magazines should interest our American friends. The monthly *Canadian Geographical Journal* regularly prints articles depicting the charms of this Canada of ours. Copies sent to prospective American vacationists could well be the very thing they are looking for to assist them in making holiday decisions.

Here is our opportunity. To make American vacationists turn their eyes northward is to open the doors of happiness to many people: it is also to do a job in helping to win this war!

In this connection some mention may be made of the opportunity before Young People's Clubs. Why shouldn't they get behind Canada's tourist drive? Why shouldn't they work as a group to increase the influx of our "Good Neighbours"? All they need is to get the telephone directories of a number of American cities, compile address lists therefrom, and mail out a steady stream of Canadian holidaying literature. Everything from Travel Bureau pamphlets to picture postcards of Canada's scenic wonders, could be used for come-to-Canada invitations. Funds for postal expenses could be raised by Club activities.

Here is a grand war job to be done. Don't overlook it.

And after the American tourist gets here, then what? Let us sell Canadian courtesy and hospitality as if our lives depended on it—as, indeed, our lives do depend on it. Let Americans see us working in wartime to keep Canada free. Let them see the flags of liberty flying proudly from every mast. Let us avoid at all costs unwittingly engendering animosity concerning the war. Let us avoid arguments over racial and religious subjects. Let us find time to show visiting Americans our scenic wonders, our sport paradises, our fishing heavens, our historic spots. Let us illustrate our warm friendship for them. Let us really "Be a Good Host to a Good Neighbour".

If we sincerely wish to help win this war in any way that we can, we will use every opportunity to

encourage our American friends to visit Canada.¹ That would be doing a great deal, indirectly but effectively, for our war effort—and for their war effort as well.

¹ An interesting facet of encouraging wartime tourism is that the habit of Americans holidaying in Canada may become established; and a large tourist trade in the post-war period will be very helpful to Canadian economy. Not only will it directly increase the flow of American money to Canada, but, as W. Bruce MacNamee, Chief of U.S. Travel Bureau, once pointed out, "the traveller is always the forerunner of new economic markets; he sees the varied products of many different lands, learns their value to him, and creates a demand for them within the circle of his acquaintances on his return."

Another interesting aspect of this problem is that the British railways are even now actively advertising in American publications in order to keep American eyes on British tourist opportunities *after the war is over*. This would be another effect of our own appeal to our American friends.

CHAPTER IV

WASTE NOT

There's hardly anything so small,
So trifling or so mean,
That we may never want at all,
For service unforeseen.

OLD NURSERY RHYME

HUNDREDS of thousands of Canadians are cheating—their garbage tins! They are in a bustle over waste. They are saving every scrap of paper, rag, metal, glass, they can lay hands on. That is their war job. They are working, “for the duration”, in Canada’s National Salvage Campaign. Theirs is a great and valuable war service.

You may be sceptical of that statement, when you think of the mighty army this nation has raised, when you think of the naval power we have and which we are hourly increasing, when you think of the thousands of young men training for their wings all across Canada. But do not be sceptical too hastily. Salvage in Canada is essential. In 1940 Canada imported some \$13,000,000 worth of scrap steel and scrap iron for her smelters; she imported about \$4,000,000 worth of rags for wipers in machine shops and for manufactured products requiring secondary textiles; she imported over \$1,000,000 worth of waste paper for paper mills and for manufactured products requir-

ing such raw material. That is to say, Canada spent nearly \$20,000,000 in 1940 for scrap. With the demands of war, she might have continued to spend as much or more in the same way.

How simple-minded that would have been when we have, lying around on Canadian dump heaps, and in Canadian attics and basements and garages, more than enough of these three kinds of scrap materials alone to supply the domestic demand.

Thus Canada's National Salvage Campaign. Thus the drive to rescue waste materials and to prevent further waste. Is not its importance, as part of Canada's vast war effort, growing clear to you?

Here is your chance to do a real war job. It is pressing and of immediate value; it is easy to do.

Loot your attic, ransack your basement and back shed, comb through your garage, poke around that old pile of machinery out behind the barn—in the name of vital scrap materials. Donate them to your local salvage committee. And have the satisfaction of knowing that you, too, have done something more to help smash Hitler.

The reasons behind Canada's National Salvage Campaign are several. The most obvious one is to gather together a large volume of raw materials, which would otherwise be wasted, and direct them towards Canada's war industries. That means a reduction in the amount of foreign exchange necessary for their importation. This saved foreign exchange may then be released for the purchase

of other kinds of war equipment not at present manufactured in Canada.

Right at the start, then, we have two good reasons: to save various kinds of raw materials, and to save foreign exchange.

A third reason for the salvage campaign is more subtle, but no less important. If we Canadians can save secondary materials from waste, then we do not have to spend time and labour getting primary materials for the war effort.

That is to say, if we can easily rescue thousands of tons of scrap iron from dump heaps, then we do not have to spend so much time and labour digging more iron ore out of the ground. If we can save thousands of tons of secondary wool in the form of rags, then we do not have to increase the number of sheep to get wool. If we can save thousands of tons of waste paper, then we do not need to cut down so many acres of forest. And so on. It is an amazing prospect.

Things saved mean effort saved. Effort saved means effort re-directed. Effort properly directed means the assurance of victory.

But there are still other reasons for Canada's National Salvage Campaign. A striking one is the fact that saving waste may actually mean putting cash money into Canada's war chest. How can this be possible, you ask?

Previous to the launching of the national drive for secondary materials, there was, all across Canada, a business enterprise designed to collect, in a modest way, certain kinds of otherwise waste

materials and sell them to the various industries whose operations required them. Canada's coast-to-coast salvage drive is capitalizing on this set-up.

This is being done through the incorporation of most of the "junk" dealers into an Institute of Secondary Materials, the members of which are pledged to donate their experience and time and energy towards collecting scrap, sorting scrap, and sending it as quickly as possible to industry.

The Institute is in constant touch with various local salvage committees, ready to give advice. Some salvage work is extremely technical. For example, there are 24 different kinds of waste rags, there are 38 different grades of waste paper, and there are 75 different classifications of scrap steel and iron. In order to get the highest market price for these salvaged materials it is necessary to have them sorted. The Institute is prepared to give assistance gratis, as well as to assure marketing co-ordination.

The plan is to organize all Canadian communities, on the basis of volunteer labour, for the collection of scrap. This scrap, when sold by the help of the Institute to the regular dealers in scrap, will produce cash money. And the volunteer labourers—perhaps you yourself, or perhaps your neighbour—will donate this money to Canadian War Charities. The Canadian Red Cross Society may be one recipient. The National War Services Fund may be another. Or the money raised may be contributed directly to the Department of National Defense, and used to purchase an ambu-

lance or a portable canteen or a dental clinic for overseas service. Or salvage groups may purchase War Savings Certificates in the name of a social service club or a church club or any other association.

But in every case the money raised is one further blow to the hopes and plans of Hitler, Mussolini & Company. And you have struck that blow!

And if these were not enough reasons for Canada's great Salvage Campaign, there is still another one. The ultimate effect of the drive is going to be the stimulation of a desire for thrift in the life of our nation. When we are brought up short by the statistics of what we waste yearly, it is a sobering experience. Dean Inge, once called the gloomy Dean of St. Paul's Cathedral, made this remark a few years ago. He said:

People in this world waste a tremendous amount. The French less than the English, the English less than the Canadians, and the Canadians less than the Americans.

Experts have figured out that we Canadians waste something like two dollars' worth of useful materials per person per year. That means that we wilfully throw something like twenty-two millions of nice crisp paper dollars into our furnaces, or into our city incinerators, or bury them in our dump heaps annually.

Quite a shocking state of affairs, you say? It certainly is. And this campaign for salvage, impressing upon us this fact, is going to make us a little more inclined to thrift. The habit of thrift

is itself an education: it fosters every virtue, it teaches self-denial, it cultivates a sense of order, it trains to forethought. It ends up by giving a feeling of power. And, as wise Seneca once remarked, "thrift is itself a source of great revenue".

That is the thing of most importance right at the moment. By salvaging we are going to increase our national income. By increasing our national income we are going to hasten the day when victory is achieved.

How does the salvage scheme work? What is this vast Dominion-wide organization that is saving scrap to scrap Hitler? The story behind Canada's National Salvage Campaign is quietly thrilling.

For weeks prior to April 14, 1941, the official opening of the drive, headquarters in Ottawa pressed to completion the set-up to salvage scrap.

The basis of the plan is simplicity itself: that is, to secure waste material free, to secure free salvage depôts for collecting and sorting waste material, to transfer this waste material to war industries by using the regular trade channels, and to convert it into ready cash on the way to those industries.

Voluntary effort is the key note.

More than 2,200 local salvage committees have been formed all across the Dominion. Members of Parliament, using the federal electoral divisions as the salvage areas, co-operated in contacting rural and urban municipal officers and in calling conferences of wartime groups, service clubs, and other citizens interested in organizing nationally for sal-

vage purposes. The top of this pyramid of local committees and salvaging groups is the National Salvage Campaign Office, Ottawa. It assists all local committees and salvage groups to function smoothly.

These organizations bear in mind that there are two kinds of salvage. The one kind are materials wasted in the past, and not affected by weather conditions, such as ferrous and non-ferrous metals, and glass, which are still in usable condition. They lie around in garages, attics, basements, back sheds, and the like. The salvage groups see to it that they are rooted out of these repositories, and brought back into active service.

The other kind of salvage is the materials constantly being wasted from day to day. They include discarded garments that are really secondary textiles, waste paper, the several kinds of tin and aluminum foil, fats and bones, and so forth. These materials are burned up or go to pieces when left to the destructive attentions of the weather.

The salvage organizations whose aim is now to rescue the first group and prevent the destruction of the second group, ask you and your neighbour to co-operate.

What have you to donate in the first class of salvable items? Brass, lead, aluminum, tin, zinc, are some of the raw materials you may be harbouring in the form of discarded kitchen ware or old ornaments or unused fireplace equipment. Make it your war job to phone your local salvage committee today and find out which of these are

wanted, and when they are wanted. Make it your war job to have them picked up.

What have you to donate in the second class of salvable items? What does your household throw out day by day, week by week, month by month? Arrange to get on the regular salvage collections for these kinds of formerly wasted materials—tin foil, rags, paper, fats. And keep on those regular collections!

That is an important point. This is not a campaign that is going to die down next week. It is going on for the duration of the war, pouring a steady and constant stream of secondary materials into war industries and a steady and constant stream of dollars into war charities.

The lesson of the British people in Salvage Collection is a grand one to remember. In 1940 the homes of Britain saved the equivalent of 40 ship-loads of waste paper. They saved enough metal to build 1,000 25-ton military tanks, 20,000,000 shells, and ten 5,000-ton cargo vessels. They saved enough kitchen waste to feed 100,000 pigs.

If all the materials saved in Britain during 1940 had had to be imported they would have filled 100 large ships right down to their plimsoll lines!

And speaking in terms of foreign exchange, if the 800,000 tons of materials that were salvaged and turned back into British industry in 1940 had not been turned back, then \$75,000,000 would have had to be sent abroad to purchase them.

This is the kind of thing we Canadians can do in our National Salvage Campaign. We can

match, person per person, the success of the British salvage work.

When this war began, the Germans boasted their superiority over the British in many ways. They spoke of their military might, they spoke of their economic insight. To this latter boast, the Germans recounted how, as a nation, their waste had been forcibly reduced to an absolute minimum. The British have gone one better on a voluntary basis. We Canadians must equal that British record. It is another war job for all of us!

CHAPTER V

HOME-FRONT HEALTH

Health is the first of all liberties.

AMIEL

AN IMPORTANT war job is one that is not as obvious as it might be. The reason for this is as easy to state as it may be difficult to focus Canadian attention on it. The job is our national health,¹ and the insidious nature of the various possible inroads upon the collective health of the Dominion makes it extraordinarily hard to convince every responsible citizen there are dangers lurking for the unwary.

It is a troublesome topic, but it must be faced squarely. We need health in our armed forces: the military authorities will see to that. We need health on the home-front: you and I must see to that. We must see to it because, with all due respect to the medical profession, to the Health League of Canada, and to the Canadian Public Health Association, there is no wide-spread organized national effort being made to assure that Canada as a nation will maintain its health "for the duration". To accept that responsibility, to act intelligently and enduringly in the interests of

¹ "Today," says President Franklin D. Roosevelt, "the need for consideration of health and physical fitness is greater than at any time in history. Total defence involves more than planes, ships, guns."

health, is to contribute abidingly to Canada's war effort. It is another war job we can do.¹

Do you ask why this must be so?

The answer has many facets. War effort is based upon energy and physical ability; these are based upon keen and active senses; and keen and active senses are based on health.² Therefore, in order to prosecute this war most efficiently, we must not neglect our health on the home front. It all seems very rudimentary and obvious, when stated in those terms; but, alas, too few of us seem able to appreciate that simple situation.

What would happen to our war effort if by neglect and ignorance and carelessness we so lowered our collective health, so decreased our national resistance to disease, that an epidemic swept across the country? There is little need to recall the 'flu scourge of the latter part of the First World War. A recurrence of that during this "total" war might fatally retard our prosecution of it. Let us do everything in our power to prevent such an avoidable disaster.

¹ The June, 1941, session of the Dominion-Provincial Health Convention between officials of the Pensions and National Health Department, provincial deputy ministers of health, public health officials from the provinces, discussed far-reaching plans which are expected to contribute materially in raising Canadian health standards *after the war*. More active governmental steps are needed *now*. It is a fact that of 217,588 young men examined medically under the compulsory military training scheme, only 56 per cent qualified as Class A: this indicates a general health situation in the Dominion which needs attention immediately, before our war production is jeopardized.

² Said Dr. Grant Fleming, medical director of the Bell Telephone Company of Canada, to the Ottawa Canadian Club in March, 1941: "The whole war program depends largely upon the efficiency of workers in industry, because the fitness of the civil population determines the capacity of production of those materials essential to the armed forces."

Furthermore, victory on the fighting fronts will be a hollow achievement if all that remains is a devitalized home front. Our soldiers and sailors and airmen have gone forth to defend the living standards that we have established here in Canada. It will take sacrifices and deprivation by us of the home front to insure this success. But we must not let down our health standards in any way. We will have problems enough on our hands at the close of the war. We do not want health problems also.

Thus there are strong reasons for the maintenance of Canada's national health. The issue is squarely before us. What can you and I do about it?

We can do a great deal. On the individual¹ lies a remarkable responsibility. It is tremendously important and useful for each of us to do this war job of maintaining our separate physical vitalities. In the final analysis, all collective national health stems from the health of each single citizen. To achieve peak health, each of us must know and practise the rules of hygienic living. We must be at pains to discover the sources of health, and to become efficient in the technique of preserving health. For instance, we should know and daily pursue the simple rules regarding nutrition, exercise, regularity, relaxation.

¹ According to Henri Groulx, Quebec Minister of Health and Social Welfare, "We all have certain habits in connection with our work, our diet, sleep, games and physical exercise, which are bad enough in normal times but which become disastrous in time of war. With a little goodwill and thought on the part of each one, would it not be possible to overcome these habits?"

The field of nutrition¹ is very important, and proper knowledge and application of its requirements produce highly satisfactory results. These pages, however, are no forum for a detailed consideration of the intricacies of diet. It is possible for Canadian nutrition to be healthful because our supply of food is moderately satisfactory. In the normal course of events the average Canadian family gets enough carbohydrates, proteins, fats, minerals. If there need be any word of warning here it is regarding the important but elusive matter of vitamins. They have been proven most essential to health, and any diet that has a high vitamin² content, together with the necessary energy-producing and fatigue-resisting elements, is a diet that achieves vital physical well-being.

Unfortunately it is much easier to get information on dietetic lore than it is have the desire to practise the rules. There are numerous books³ on nutrition. Provincial health departments have pamphlets on the subject free for the asking. The domestic science columns of Canadian daily newspapers print invaluable articles on food and its preparation. The Federal Government is launching a nation-wide educational campaign about nutrition.

There is no need for ignorance, then, concerning nutrition. Let us conquer our apathy and, fully

¹ *Nutrition and the War*, by Dr. G. Bourne, (Toronto: Macmillans in Canada), tells in plain language how to achieve a war-time diet that will not cause health deterioration.

² See table in Dr. Bourne's book.

³ See *Health Eating*, by V. H. Mottram. Toronto: McClelland & Stewart.

realizing how definitely it is a war job to preserve our health, let us practise the fundamentals of modern diet with discretion and with perseverance. As Lord Woolton, Britain's Food Minister recently said: "We defeat the enemy as much by maintaining our health and morale through good and suitable food provided at the right time as we do by victory in the air, on the sea, or on the battlefield."

Nor should we stop our campaign for individual—and therefore national—health here.

Vibrant physical tone is an essential part of good health, and this is acquired chiefly through scientific exercise. Far too many Canadians are neglectful of this health rule. The first result of such neglect is physical sluggishness and mental depression; the final result is inefficiency all along the line. Let us therefore be wise on this score. For each of us, young or old, thin or stout, active or sedentary, indoor or outdoor worker, there is one or more simple but effective exercise that will co-ordinate our living processes.

In some cases such exercise will be of an apparently minor nature: those who live active lives already exercise in some measure. But even for them it is necessary to supplement that sort of inadvertent exercise with special exercise that will invigorate unused parts of the body.

There are many health books and magazines on the market that will give detailed information concerning the place of exercise in our good-health régime. Let us make that knowledge part of our daily lives, by knowing and practising.

Vitality and keenness are necessary if we want to do our war jobs adequately.

There are two other important aspects of this question of good health. They are regularity and relaxation. In times of peace they are important enough. When we have the additional strains of war tugging us this way and that, and creating tensions that reduce efficiency, regulation and relaxation are more important than ever.

It pays to treat the body as a piece of delicate and complex machinery, whose fullest achievement depends upon regular attention. We should plan to sleep, eat meals, and work at regular times, so that we can set up a *rhythm of living*. There is more to this rule than merely being sober and temperate. It involves the careful planning of one's existence to fit in with one's physiological make-up and with one's occupation. Perfect synchronization may not always be possible, but as we approximate such synchronization, so do we approximate peak health and maximum efficiency. Let us therefore work out individual living régimes as nearly as we can in keeping with our physical temperaments and our job circumstances—and having learned the routine best suited to us, let us have the will power to stick to it, at least in the name of Canada's struggle.

And, finally, let us give the most serious attention to the benefits of relaxation. We have lived through years of steadily increasing tension, punctuated by crises. We are now in the midst of the culmination of those crises—war. We need a

sharp reminder, therefore, to guard against nerve fatigue.

Few things will reduce our war effort more insidiously than a mass attack of "war nerves", than national anxiety. Almost before we would know it our efficiency would be impaired and our output for war purposes would drop. Workers of all types would slow down and would become increasingly subject to operational accidents.

Accidents, indeed, are highly detrimental to Canada's war effort. And the fact that many of them are preventable only makes their occurrence that much more lamentable. The direct expense involved can be prodigious, and the indirect expense is actually four times more. In Ontario, during April 1940, the total cost of industrial accidents was just over \$2,600,000. Add the monthly accident toll of the other eight provinces to that, multiply the result by 12, and you get a yearly figure that is discouraging. What a boost were it saved and put into the national war chest instead!¹ Our increasing war effort, with the consequent speeding up of industry, brings additional accident hazards. Not only are there the dangers attending "war nerves", but new employees lack experience, and old employees are under pressure for greater out-put. It is that

¹ In July, 1940, the Canadian edition of *Liberty* magazine pointed out another phase of waste by accidents. It said: "Traffic accidents cause property damage, replacement, hospitalization, incapacitation of wage earners, etc., to the tune of about \$75,000,000 a year. Four fifths of these accidents are preventable. This is lost money that could be diverted into war channels and pay our defence costs for two full months."

much more imperative, then, that every possible precaution be taken to avoid nervous fatigue, or to eliminate it when it occurs.

How can this be done?

Naturally, we cannot escape events; but we can refuse to allow them to master us. We can recognize what is happening, decline to worry, take every opportunity to rest our nerves. And the art of resting one's nerves is easier than most of us realize. There are many little tricks we can employ with very satisfactory results. We can actually learn to relax from the strains of work and the stresses of war.

This applies to all of us—mental workers, manual workers alike. It probably applies more strongly to the former than the latter. Mental tension is very serious because it leads so rapidly and disastrously to hyper-tension—the forerunner of breakdown. But everyone should acquire the technique of complete relaxation, and should practise it periodically.¹ When at work, we should change periodically the stiff positions we are forced to assume, or we should introduce a sense of rhythm into our routine if our work demands motion.

That is, the professional or business man who has to sit for long periods of time, the stenographer who faces the typewriter all day, the industrial worker whose movements are restricted—these should be able to interrupt work occasionally. For example, each hour they might rise from their

¹ This is the secret of President Franklin D. Roosevelt's amazing vitality and "tireless" nerves. He can take "a three weeks' vacation in five minutes" by relaxing completely.

positions and move around the room for a few minutes; and during recreation time they should seek relief from tensions by suitable body movements. In like manner, the worker whose task involves continuous action should effect a compatible rhythm; he or she should further combat nerve fatigue by brief periodical respites from motion.

These are practices which husband our nervous energy, and as such they are enormously valuable for effective war effort. They not only enable us to do our work with greater efficiency, but they also leave us a reserve of psychological strength to absorb the shocks of war news, to resist the tension of anxiety created by "total" warfare.

To these practices we can all add the unique trick of utter mental and bodily relaxation.

This is how it is done. Lie down quite flat on bed or couch with just a low pillow. Close your eyes and proceed deliberately to think of relaxing all parts of your body. It is perhaps easiest to achieve by concentrating your attention on your own breathing, and counting to yourself, like this—in, out, in, out. Your body *does* relax. Then deliberately try to make your mind a blank. It can be done, but it requires practice; and in 15 or 20 minutes you're a new person.

But conscious relaxation does not need such ideal surroundings. It may not always be possible to lie down. In that case, choose the second best method. If you are in a hard chair at a desk or table, lean forward, resting your head on your

arms; if you are in an upholstered easy chair, lean back with the nape of your neck on the back of the chair. In whatever position is available, feel as though your body were soaking into its support. Consciously send messages from your brain to one muscle after another, ordering it to sag deliciously, to let go its last degree of tension. And then cause the mind to go blank. Result: re-creation in its finest sense!

If every adult Canadian undertook this very simple but effective technique two or three times a day—just before meals, for instance—the consequence would be little short of astonishing. The increase in national competency would be amazing to behold. And the stout manner in which we would resist the mental and emotional slings and darts of war would be a serious setback to our enemy, whose nasty habit it is to attempt to wreck his opponents' nerves.

Clearly, then, if we on the home front are to be worthy of our men and women on the fighting fronts, we must undertake this war job. We must guard against ill health and its effects. We must foster peak individual health and so achieve peak national health. There is no secret to the processes, as we have seen. Diet, exercise, regularity, relaxation—these are four vital allies for home-front warriors. Let us make them help us achieve victory.

CHAPTER VI

HOLD THAT LINE!

Nay, never falter: no great deed is done
By falterers, who ask for certainty,
No good is certain, but the steadfast mind.

GEORGE ELIOT

SOME attention is well given, during wartime, to a discreet stiffening of public morale.¹ The necessary sacrifices, in both wealth and blood, to assure victory, are too often just a little beyond the spirit of the average individual whose civilian life calls for nothing more tempestuous than office or factory work; he needs support to carry on effectively.

This is particularly true of this war, which is settling down to a prolonged endurance struggle. Our strategy is obvious. The aim is, by slow accretions of strength, by courage and patience and endurance, to so change the balance of available military force that victory will be ultimately attained. It will be a hard and probably a long road. Our men in the field, on the sea, and in the air, have these qualities and have set their feet upon this road. But they can only follow it resolutely to the end if the home front matches them

¹ On March 12, 1941, Defence Minister Ralston stressed this point in a House of Commons speech. He said that the courage of the British people should be a challenge to Canadians to keep up their own morale.

in coolness and steadiness. They can only follow it if the home-front morale is high.

The home front is made up of individuals, every one of whom is in the war; and the home-front's endurance will be the sum of our individual qualities. Therefore, another war job for each of us is the strengthening of our individual spirits against the unavoidable mental depressions of war. As Dr. W. H. Brittain, vice-principal of Macdonald College says, "National morale as a whole has become the most vital factor in the prosecution of the war."¹ We must take steps to maintain and increase it.

It is vitally important that we engage in this activity with intelligence, zeal, perseverance. One of the aspects of Nazi "total" war is to try to create confusion among its opponents. Much calculated and malicious propaganda is directed at us to this end, propaganda that aims at our demoralization.² It seeks to bring this about by arousing disunity, apathy, fear, even panic, in our home-front ranks.

There have been many evidences, from the countries invaded by Germany, that demoralization helped contribute to the Nazi successes. Swarms of tanks, planes, and guns do not tell the whole story of the battles. Not only was the mechanized army so well advertised in advance as to promote widespread terror of it before it arrived, but its actual approach was marked by such fear-produc-

¹ *Montreal Gazette*, Oct. 1, 1941.

² As the Hon. J. L. Ralston, Defence Minister, said when speaking at the Canadian National Exhibition on August 24, 1940: "The attack is on the minds and spirit of the people and of their leaders."

ing devices as whistling bombs and diving planes, whose devastation was as much mental as physical.

It is primely important, therefore, that we Canadians should make it our job to reject the propaganda of German invincibility. As the *Christian Science Monitor* pointed out in June, 1940:

German weaknesses naturally are not publicized in the German press and broadcasts, but they are nevertheless becoming known increasingly to military men. Each Nazi device, no matter how novel, has its limitations and vulnerable points. As the propaganda phase of German aggression is repelled, so is the air cleared for calmer, more realistic analysis of German military methods, and for their speedier overthrow.

That is the first reason why we Canadians should create and maintain resolute public morale. It is a mighty shield against a now familiar Nazi aggression technique for speedy victory.

But there is another, and equally important, reason for stout hearts. Few authorities doubt that this will be a long war. Already preparations are well advanced for a lengthy struggle. Therefore we individual Canadians on the home front must condition ourselves for an endurance test. However, we need not be disheartened by such a prospect. Much is on our side. Our power in the field, on the seas, and in the air, waxes as the power of the Axis partners wanes. Our economic resources expand as theirs contract. Our economic stranglehold makes it more and more difficult for the Axis partners to replace their weapons of war, their clothing and footwear and food, for their people and their fighting men.

It is clear, then, that though the struggle is grim, and though Hitler with his new methods of warfare achieved certain initial successes and exploited to the full his greater preparedness for war, there is no need for Canadians to be discouraged. On the contrary, there are reasons for deep satisfaction. We should steadfastly resolve to show Hitler how greatly mistaken he is in his ignorant judgments of democratic people. He fondly believes:

Democracy has no genuine convictions for which people would be willing to stake their lives. Fear and personal advantage will in every case, sooner or later, lead to capitulation. Lack of conviction always results in defeatism; resistance is useless.¹

What utter stupidity and gross slander in that Hitlerian notion! Let us confound his machinations based on such a foolish premise! Let us show Hitler that he is up against an intangible moral quality that will be his downfall: the unconquerable resolution of a free nation—a resolution which will bring into play imponderables that will save us from the fate cunningly devised by the Nazis:

We are not destined for disaster yet.
With all his engines Hitler waits in vain
To bring the long dark, ages back again,
Which only come to peoples who forget
Just causes, such as those to which we turn
And such as Germany may never learn.²

There are several pressing reasons, then, for stiff public morale in Canada: and there are several

¹ Quoted by Herman Rauschning in *Hitler Speaks*.

² Sextet of a sonnet by Lord Dunsany appearing in *The Times*, (London) June, 1940.

indisputable signs that high resolution will not be in vain. As a nation, we must, with discernment and energy, set out to acquire and maintain that stout-heartedness clearly essential to victory. That is our job.

Are there any aids in achieving this objective? A great many! As Robert Browning once said, "Who keeps one end in view makes all things serve." And through a number of things we can acquire a tough and abiding national spirit for the winning of this war.

One way would be to gather together individually—in our minds if we have good memories, or in scrap-books to which we may constantly refer—every quotation, speech, newspaper editorial, poem, and the like, whose message is inspirational for these times.

For instance, the late Sir Henry Wilson had a famous saying which he never tired of passing on to his listeners. It is most acceptable for our scrap-book idea. Here it is:

Pessimism based on ignorance is the greatest danger. Pessimism based on knowledge is only a lesser danger than optimism based on ignorance. The best of all is optimism based on knowledge.

During hours of crisis, when the fortunes of war move back and forth through erratic and loosely defined cycles, Sir Henry's message is something to hold close to the intelligence. Stout hearts for reverses, calm resolution for successes, and tough endurance all the time—these form the basis for the highest public morale. They are the ingredients of "optimism based on knowledge".

Speaking before a large congregation in Stockholm early in 1940, Dr. Erling Eidem, Archbishop of Sweden, delivered a message fraught with inspiration. Among the significant phrases occurring in it, there were several that flashed out like beacons of guidance:

Life and prosperity are not the highest things. . . . We must fulfil our Christian duty. . . . We must stand for liberty unitedly and resolutely. . . . In resisting aggression we must also preserve the finest elements of our democratic order.

Here again would be material for our scrap-book. These are exactly the things that we Canadians should keep in mind, as we gird on our battle-dress for the increasingly bitter struggle that certainly lies ahead. If our resistance costs the prosperity of most of us, and even the lives of some of us, we must not hesitate to face the issue. "Life and prosperity are not the highest things": higher than they come "liberty and the finest elements of our democratic order". It is well to be reminded of these facts. We need their inspiration.

Another bit of scrap-book material would be the passage from Thomas Paine's *American Crisis* which General George Washington used in 1777 to rally his forces after one of his worst defeats. It is a passage of up-surging resolution, as effective now as the day it was written:

These are the times that try men's souls! The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it

NOW deserves the love and thanks of men and women. Tyranny, like hell, is not easily conquered; yet we have this consolation with us—that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness that gives everything its value. Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as FREEDOM should not be rated highly.

On every hand we can run across inspirational material with which to fortify our morale, with which to stiffen any spirit that may tend to drop under the stresses of “total” war. The Rt. Hon. Arthur Greenwood, British minister without portfolio, concluded a BBC address with these rousing sentences:¹

Gird your loins, put forth your whole strength, fortify your spirit, guard your honour, and to your prayers add performance. Be strong in faith. Be faithful in service. Emulate the magnificent prowess of our fighting men. Let their courage be your guide. Let their example inspire you for the fulfilment of our high aims.

Mr. Greenwood’s concluding suggestion is, indeed, to the point. If we of the home front are to be worthy of our gallant men in uniform, let us at least use their calm heroism in the face of death to chide our own weaknesses, should we begin to succumb to the agonies and discouragements of prolonged “total” war.

Instances of fighting-front bravery are almost too numerous to mention: at Dunkerque, North Africa, at Narvik, in Greece, on Crete, in the air over the English Channel—on every hand there are

¹ Reported in *The Listener*, June 6, 1940.

magnificent episodes whose inspirational qualities are electrifying. One of the most outstanding, however, is the remarkable sea battle of the River Plate, when the British South Atlantic Squadron defeated the *Graf Spee*.

That battle roars across the memory with strangely thrilling effects upon the average individual. The Navy was victorious against tremendous odds—victorious because it was more daring, more clever, more dogged. And from recalling and dwelling upon that splendid achievement, you and I are mightily strengthened. The little extra stiffening of our morale, so necessary to carry our Dominion forward to victory over the dark forces that threaten our freedom, is the unconscious contribution of those gallant sailors. If they, despite handicaps, can conquer, so can the rest of us. Cheers for the Navy!¹

Perhaps one should not neglect to recall the sinking of the *S.S. Athenia*. When historians write the record of the early days of this war, they will refer to that horrible brutality; and however brief the reference may be, it will contain a word or two about the extraordinary courage of the passengers.

It is true that the men and women on that boat knew that war had broken out; but, as far as their knowledge went, it was a war whose hostilities were confined to the German Polish frontier. The passengers were anxious to get home; that was all. And then, under the dark cloak of night, a merci-

¹ The daring stand of the *Jervis Bay* against a Nazi convoy raider, which enabled most of the convoy to escape, is another example of fighting-front bravery to stiffen our home-front morale.

less Nazi U-boat crept up to the *Athenia* and let its fateful torpedo loose. The sub even rose to the surface and shot two shells at the helpless vessel. And yet, amid the roar of the explosion of the torpedo and cracking of the gunfire, the surprised passengers did not give way to consternation. The Captain reported: "There was no panic whatever on board the ship. The passengers faced danger bravely." Under the circumstances there would have been no amazement had reports of the tragedy come through giving details of confusion and bewilderment leading to catastrophe. But nothing of the kind happened. Though taken unawares, and though confronted with terrible danger, the passengers kept their heads and responded with admirable coolness to orders.¹

This fact should be a source of strength to all of us on the home front in the days that lie ahead. Whatever the conditions—mental or physical—of danger that may face us from time to time, let us remember the brave passengers of the *Athenia*. Let us follow the wonderful precedent they have set for us!

There are still other ways of bolstering our national morale. To the scrap-book idea and to the idea of inspiration from our fighting forces' heroism, we can add the effects of sustained personal contacts with our men overseas. Such contact may take the form of writing cheery and newsy letters to Canadians on the fighting fronts, of

¹ The heroism of the passengers during the sinking of the *City of Benares* and the *Western Prince* provides further stimulation of home-front morale.

keeping a constant stream of home-town newspapers in the mail to them, of sending wisely selected comforts. These activities undeniably keep one individually in touch with men deeply involved in the war, and from them we gain something of their high resolution and steady courage. At the same time we keep their home-thoughts bright, and lessen the possibility of boredom overtaking them. As the Earl of Athlone reminds us, only about 10 per cent. of military activity is exciting. The rest may be interesting. But it is more usually routine, or meaningless, or dull. However, it is all vitally important, and requires the enthusiasm of a fresh mind. Soldiers, sailors, airmen who know the home front appreciate them, have fresh minds.

Other action in maintaining public morale is possible if we are directing members of business organizations. Already many Canadian firms are ingenious in making ways to stiffen public morale. Many large firms are printing newspaper advertisements carrying inspirational messages.¹ The General Motors Company undertook a newspaper advertising campaign to help increase the sale of War Savings Certificates.

On every hand there are examples of men and women, individually or in organizations, doing a war job of holding public morale high!

From these considerations, both of why and of

¹ Examples are numerous. Salada Tea advertisements carry the line "A nickel a day keeps the Gestapo away"; the Bell Telephone quotes the Rt. Hon. Mackenzie King, "Every duty, well and honestly done, is a contribution to victory"; and so on and on.

how, there can surely now be no doubt of the importance of that work. It is a patriotic duty falling directly upon every adult Canadian. It is a genuine contribution you and I can make. Let our constant thought be, "Right will triumph, we shall win." Let us cast out our own gloom and help others to cast out theirs!

As Canadians, we are a people nurtured in liberty, cherishing the hopes of a wider freedom and a world rid of the spirit of domination. Therefore, we must be a people who will never be terrorized into base submissions; we must be a people who will not bow to the inhumanities and the lawless methods with which the enemy wages war.

It is our job to make it clear to the Nazis that we are so grimly determined, so certain in our hearts that evil must give way to good, that we will turn every reverse, every defeat, into seeds of future success! It is also our job to make it clear to the Nazis that the democratic cause cannot compound with them or surrender to them; that the defending forces of civilization and Christianity will only yield ground after a desperate defence, and then only to retreat to other defensive positions; that the banners of the nations that have the courage to fight for freedom, even though their territories may be under the heel of the oppressor, will still float in the breeze; that the war will go on, regardless of sacrifice, regardless of expense, regardless of time, until the hordes of our Twentieth Century Genghis Khan are utterly routed.

In our deeds, in our steadfastness, we can prove that the heroic age has returned to the world; and that there will be no lack of Canadian heroes: "For Freedom's battle once begun, bequeathed from bleeding sire to son, though baffled oft, is ever won".

In the Maritimes where, even in peacetime, a new trouble afflicts the soul every few minutes, a business man keeps a framed motto over his desk: "This, too, will pass."¹ This war, too, will pass—into victory. The reason was discovered by Voltaire who wrote that "The English people are people who defend themselves." They will not give up the rights that cost their sires their blood. We Canadians, recipients of that wonderful heritage, therefore fight on with minds high and resolve steady. We will not, for one repulse or a hundred repulses, forego the purpose we are determined to effect. We shall

Press on! If once or twice our feet
Slip back and stumble, harder try;
From him who never dreads to meet
Danger and death, they're sure to fly!

¹ Reported by *The Printed Word*, Montreal, July, 1940.

CHAPTER VII

CARRY ON, HOME-FRONT CANADA!

Either way, the world must contrive to struggle on.

THOMAS CARLYLE

ONE aspect of maintaining wartime public morale, that of vigorously carrying on our normal avocations despite handicaps, is most important. The problem should be thoroughly appreciated. Of course, most of us on the home front have certain things we must do. We have our work, and that, whether or not directly connected with Canada's war effort, is a command performance! But beyond our work there are a number of things, attention to which seems entirely optional. For instance, it might appear that we do not absolutely have to follow our sport, cultural, hobby, pastime, pursuits. Energy expended on them may not look essential to our war effort. Some observers may even argue that such energy-expenditure is waste.

But these criticisms are quite wrong. It is very important that individual Canadians not directly involved in the war—either as combatants or as key industrialists—should carry on pretty much as they normally would. At least, they should as much as possible.

War makes us realize the value of things we ordinarily take for granted.

There are relaxation potentialities in hobbies and pastime pursuits, there are re-creational and character-building potentialities in sports, there are inspirational and steadying potentialities in cultural activities, which usually pass unacclaimed in peacetime. Yet their influences are definite and far-reaching, and cannot be dismissed lightly. In time of war, their importance is unmistakable. The Canadian Junior Chambers of Commerce realize this and are energetic in maintaining and strengthening "those civilian activities which have proved themselves of use and benefit to the community."

It is essential that we all co-operate. It is imperative that we exert every effort to carry on in these departments of living, and to carry on wholeheartedly and effectively. It is another war job we can do.

In Canada there came early reassurance that Canadians are not easily knocked out of their stride. Important evidence of this fact presented itself when the Royal Society of Canada, the Canadian Historical Association and the Canadian Political Science Association, held their annual meetings at the end of May, 1940.

The members gathered at London, Ontario, for their discussions, and among them was quickly apparent a desire to carry on for the duration of the war, even restrictedly, their separate associations' various peacetime intellectual pursuits.

To some of us it may possibly seem futile to turn energy and time to the studies of problems that have an academic air during war. Yet that

is not necessarily so: not only can many studies be undertaken that might throw light on wartime problems,¹ and on problems that will appear when the war is over, but it is wise that every effort be made to prevent Canada's intellectual activities from wavering. These learned societies, in holding their membership as intact as possible, and in continuing their various investigations into Canadian affairs of both the past and the present, are setting a fine example for the rest of the citizenry.

We must all carry on such activities as best we may—even if our particular activity be only of a hobby nature—to lessen the shock of war upon us as a social entity.

This is particularly true of sport. There could be nothing but dismay over any suggestions now that the war has settled down to a long siege, that Canada's civilian sport activities should be curtailed.² Organized sport is an excellent safety valve for tense home-front war nerves. So is individual sport. Participants, and even spectators for that matter, benefit from them. But besides being a safety valve, sporting activity of all kinds is conducive to healthy public morale. It tends to disarm brooding, it stiffens spirits, it summons resilience.

In his recent collection of essays, *New Lamps and Ancient Lights*,³ Mr. J. A. Spender has this

¹ This was reflected in the type of papers read at the 1941 meetings of the above societies. Many discussed war problems.

² Sport is part of the Canadian army training curricula. It is considered very important in that rôle.

³ Toronto: Cassell, 1940.

to say about sport and morale: "How dreadful, say the long-faced, that the (radio) announcer of battle and slaughter should wind up with a 'sports' bulletin—grown men kicking footballs about, putting on the greens, driving a little ball from hole to hole—while these awful things are happening. They are wrong. It is just their remoteness from the awful happenings which give them virtue for the millions who have no other ivory tower."

The Earl of Athlone, Governor-General of Canada, also reminds us: "There is no better way of learning discipline and team-work than through sport."

Initiative, doggedness, courage—these are the characteristics developed by sport. In one energetic game a young man or woman practises more of the things that are the foundations of stamina and grit than all of Hitler's regimented marching and saluting in a year!

As Mr. Herbert Warwick, noted Winnipeg rugby coach and referee, says:¹ "All our sports play their part in teaching our youth to be men. Lacrosse with its stamina building trot, trot, trot and its sudden bursts into dynamic action; tennis with its lightning rallies, careful placing and handshake endings; baseball with its nerve-tingling moments of tenseness; basketball with its quick skirmishes and rugged checking; cricket with its essential gentlemanliness; rowing with its terrific call on reserve strength and willingness."

Let us therefore maintain our league and tourna-

¹ *Winnipeg Tribune*, January 4, 1941.

ment schedules without excuses. Our hearts will be stronger and our heads clearer for the fateful days that may be coming, if we make it a war job to break the tensions of "total" war.

That is but the disciplining of good soldiers for crises on the home front. We must have a care not to let crises get us down. We will do well to live normally and to relieve the strain of our intense interest in the war's developments by getting our minds off it, at times, through the physical and mental recreation that is part of normal life.

We will be steadier and more useful to our country in direct proportion to the measure in which we accomplish this through carrying on our sport or hobby or cultural activities. These are real, if hard-to-recognize, allies in our momentous struggle.

CHAPTER VIII

KILL THAT RUMOUR!

Sift it well, ere a thing you tell:
Let the sieves be one, two and three!
Is it kind, is it right, is it needful quite,
That this tale be passed on by me?

AUTHOR UNKNOWN

UNFORTUNATELY, even in peacetime, many Canadians are possessed of a fine sense of rumour. We have extraordinary difficulty in distinguishing between amusing or juicy gossip and facts of genuine significance, and the palpitation of our tongues is a wonder to behold.

Of course, under normal conditions of peacetime there is perhaps little danger in this phenomenon, though there may be lamentable wastage. But under the abnormal conditions of wartime, with the opportunities for rumour-mongering increased a thousand-fold, the problem becomes pressing and demands attention. Rapidly circulating war rumours of a defeatist nature can undermine public confidence more effectively than actual military setbacks, because rumours have a remarkable tendency to get worse as they pass from mouth to mouth.

No doubt you, too, have asked yourself how such off-the-mark news gets started and distributed. Unwise, or certainly uncharitable, critics of Canadians declare that malicious persons are respon-

sible for the creation of rumours, of striking if inaccurate war news, which they spread abroad for their own amusement. But this can hardly be the case: there are surely not enough malicious people in Canada to set in motion the vast number of irresponsible rumours that get around each day!

No; the answer is probably something much more mundane than that romantic notion. The answer is probably nothing more than the familiar human weakness for "doctoring up" news as it is passed from one person to another.¹ A nice little detail is added here, a pretty twist is given there, to increase the spice and sharpen the point of what might otherwise seem flat and dull. There are, alas, few pleasures equal to that of knocking the average listener's ears awry with a dramatic story!

That human failing is no doubt the simple answer to the wonderful but dangerous rumours of war-front events that get abroad before each day is very old. Remember the wild stories concerning the surrender of the French fleet? Remember the weird accounts of why the French front collapsed? Remember the fairy tales about Gibraltar? The list of examples could be extended almost indefinitely.

Another type of rumour is that associated with conditions and circumstances within Canada—

¹ Note also Miss Agnes Dyer's explanation of harmful gossip, given in a letter to the *Winnipeg Free Press*, Nov. 7, 1940. She said: "In nine cases out of ten it is some thoughtless or witty comment that is used as the basis for starting gossip." Mr. Grattan O'Leary, of the *Ottawa Journal*, is of the opinion that careless reading of news despatches is partly responsible for rumours.

rumours about public men, about goods, about business firms, about persons with foreign ancestry, about persons interned, about others released, about Government policies.¹ The *Winnipeg Tribune*, in a series of articles discussing this phase of Canada's war problem, pointed out:²

Originators and purveyors of this type of rumour nearly always keep themselves anonymous, and usually the more definite they are in their charges the more careful they are to withhold their identity.

When attempts are made to discover the source of these domestic rumours, the familiar pattern of rumour-mongering is revealed. They begin with loose talk, usually by some one with a spite against the person, business firm, or article in question. Lazy listeners with indiscriminate ears pick it up, accept it as truth, disseminate it as coming from "the best of authority". In the course of a few re-tellings, such rumours become established by what other people conclude is the cumulative and preponderant evidence of circumstantial details.

But whether rumours are international in scope, or only domestic, they are disrupting influences, contrary to Canadian unity, helpful to Hitler. Sometimes they are completely false and if of a pessimistic nature they create public depression; sometimes they are partly true, and whether pessimistic or optimistic in tone, they cause public confusion when circulating alongside the actual facts.

¹ Also the silly rumours that the soldiers are made to pay for Red Cross articles. And the baseless tales that our postal authorities are negligent with the soldiers' mail.

² June 27, 1940.

The processes of generating such stupid stories and circulating them are nationally and individually damaging to a surprising degree. Nationally, they undermine confidence and gnaw away at Canada's spiritual strengths; individually, they involve a profligate disbursement of energy that could be directed into much more profitable channels. In great Britain, Chatter Boxes are placed in hotels, clubs, homes. People who circulate rumours are invited to drop in a contribution for charity! We in Canada might well give heed to Sheridan's famous bit of advice:

Trust not to each accusing tongue,
As most weak persons do;
But still believe that story false
Which ought not to be true.

In fine, here is a small additional war job we can do. But it is only apparently small; it is really quite large and important.

Let us carry in our minds, as a charm against rumour-mongering, Othello's sad lament—"Oh, that men should put an enemy in their mouths to steal away their brains!"

Let us forswear the folly of giving rumours refuge, of forwarding them farther upon their tactless travels. Let each of us vow, when a story that is without the least substantiation comes our way, that we will smother it with ridicule or slay it with incredulity.

Kill a rumour every time it rears its head!

CHAPTER IX

KEEP YOUR MOUTH SHUT, PLEASE!

One must keep silent, or say things of greater value than silence.

OLD GREEK PROVERB

OTTAWA is really worried over the casual way many Canadians talk carelessly. All sorts of semi war secrets are passed around by word of mouth—until they echo in Berlin military corridors, guiding and prompting the activities of Hitler, Goering & Co., and thus helping in no small measure to prolong the war. It is commonly heard in Ottawa that the Nazis know many of Canada's war plans soon after they get under way.

Perhaps most Canadians will be amazed at this state of affairs. If the full, detailed, factual information could be released, most Canadians would certainly be shocked. At this very moment it is understood that there are files of material in existence which report conclusively actual cases of enemy action—chiefly damaging attacks on convoys—that have been possible because someone somewhere in Canada failed to keep his mouth shut. British officials warn: "Too many times the bombing and submarining of merchant ships, war-ships, or convoys have occurred under circumstances that look as if somebody had found out something about ship movements that they shouldn't have known."

These tragic misadventures must be reduced; and it is every Canadian's war job to see that they are reduced. Keep your mouth shut, please!

That is the plea of the British military authorities. More than 2,000 posters have been prominently displayed on docks and shipping areas; nearly 600,000 of them have been posted in railway compartments; and uncounted others have been put up in public places—restaurants, hotels, public houses and the like. Anti-gossip and anti-careless-talk activity is being rigorously pressed. A series of motion-pictures with anti-espionage lessons is under way to supplement the posters.

This is perhaps an obvious precaution with Britain a military front-line. But even in the United States, Frank Knox, Secretary of the Navy, is anxious to cut down the amount of careless talk. Just recently he appealed for public co-operation: "Some information leaks through sources which fail to appreciate the seriousness of our situation and the consequent necessity for caution and some degree of secrecy. In this connection it might be worth remembering that *a sentence spoken or printed might wreck an arsenal, sink a battleship, or destroy the lives of many* who are working night and day to make America secure against all enemies."

Change the word "America" in that appeal to "Canada", and you have something directly touching every home-front Canadian—touching, indeed, every Canadian whether in uniform or not, as we shall see in a moment.

Of course, all of this will likely be pooh-poohed by the average citizen. Canada is thousands of miles from the battle-front. We are far removed from the emotional stresses of warfare. There appears to be no psychological awareness of the need for secrecy. How in Heaven's name (the sceptical ask), could Germany ever get hold of any military data available in this country?

Some astounding information is going to be released in due course about the amount of Nazi espionage activity that was present in Canada at the outbreak of war. Much of this has been cut short by astute R.C.M.P. and military intelligence operations, but it is clear that a few powerful channels remain to be closed. What they likely are continues to be a military secret; and speculation about possible shortwave radio sets in Canada and about possible connections with South America via the United States, is quite futile.

It is also beside the point.

The simple fact is that Canadian convoys en route to Britain have been ambushed by Nazi submarine and surface raiders. Certainly the hazards of war would account for some of the attacks. But competent opinion is assured that the number of attacks is too great to be explained away. Enemy espionage is being aided by Canadians who talk carelessly if innocently.

How is this possible? Listen to actual occurrences, some fortunately without any consequences, others with fatal consequences, all of them unbelievably naive.

When the early Canadian troop movements were under way, and trains were moving from West to East, the men eagerly jumped off at every divisional point and mailed back hundreds of post-cards. In due course a group of such men arrived at an Atlantic port. Available transport was limited and it was necessary to take the men to garrisons in two voyages. It was their good luck that the information on the cards sent back home along the way did not fall into enemy agents' hands, enabling the second convoy of transports (at least) to be attacked.

The case of another convoy was more tragic. A thoughtless sailor mailed word to his girl friends that he was preparing to sail. Some of his cards were intercepted, but others got through after it was too late to recall the ships. Ironically enough, the luckless sailor drowned when the convoy was attacked.

The opportunities for home-front Canadians to participate in this sort of unhappy misadventure are terrifyingly great. The mother of a soldier boy is told by him that he entrains for a seaport on a certain date; the mother telephones the lad's aunt, who in turn tells her husband, who in turn drops a casual remark in a beverage room—a remark that falls on the ear of a waiter.

That all sounds very prosaic and unexciting. But the waiter is a spy, who writes to a fellow spy in the U.S. (mail censorship can be eluded by skilled codes), who contacts a Nazi commercial concern, which sends a code message to South

America, which is in turn radioed to Berlin. And within 36 hours this invaluable military data is in Goering's hands—together with similar data from widely separated Canadian points, which, when compiled and synchronized, forms a pattern of information about the preparation of a convoy. Nazi raiders are ordered to lurk upon the high seas in the probable path of the ships and their precious cargo, with the consequence that treasure and lives are lost because of an innocent and thoughtless but fatal telephone call!

Many of us unwittingly help the German Secret Service, simply because we do not know how it works.

Need one repeat, *Keep your mouth shut, please?*

Make it your war job to keep your mouth shut when among strangers or in a public place. When you tell someone a piece of news, you do not know whom that someone is going to talk to. You lose control of your spoken word the moment it is spoken. Refuse to discuss future or past departures and arrivals of troops. Refuse to comment on new work your factory may be undertaking. Refuse to talk about military or naval construction projects, or about industrial capacity, or about training plans, or about machinery installations and practices, or about personnel employed.

Each of us knows something Hitler would like to know. Individually innocent fragments, put together like a jig-saw puzzle, is the way the enemy makes a picture of our war effort. Don't help him!

Keep your lips sewed in khaki cotton lest you say what's best forgotten, as the British warn. When the "boys" leave your home-town station, act as if they were just going down the line for a few miles to camp. If a stranger casually asks when they sail, give him (or her) a look as blank as a billiard ball. One of our war jobs is to be a nation of hard-headed, resolute, strong-spirited peoples! So let's keep our mouths shut!

Careless talk must stop! Canadian men and Canadian treasure now lie at the bottom of the sea because some loose tongue wagged. Put an end to that. It is a war job we all can do.

CHAPTER X

CONSTRUCTIVE CRITICISM

Everything that is worthwhile in the world has been accompanied by the free, enquiring, critical spirit, and the preservation of this spirit is more important than any social system whatsoever.

SINCLAIR LEWIS

IN EVERY democracy the problem of criticism is constantly to the fore, and thoughtful national leaders are continuously seeking means of harnessing for good the energy which motivates criticism. If this is tolerably true during peacetime, it is more pressingly true during wartime.

It is fortunate and not regrettable, of course, as Charles E. Hughes once wisely remarked, that the avenues of criticism in a democracy are open to all whether they denounce or praise. Criticism never hurt any person nor damaged any organization. If criticism is false, it cannot have any effect unless the person or organization at whom it is directed is wanting in character: if criticism is true, it shows a person or organization the weak points and forewarns against trouble and failure.

However, reckless criticism, which degenerates into mere complaining, can be nationally disturbing; and that is the point of this chapter.

By forswearing witless grouching, and by severely restricting our comments on governmental policies and endeavours to wise and actively constructive

criticism, you and I, as individual Canadians, can undertake one more genuinely important war job. Aware of the dangers of the current situation, aware of the pressure of time, aware of the need for prompt measures, aware of the issues that are gravely in balance, you and I can be vigilant to prevent waste, to discover and declare short-cuts to objectives, to reveal and rectify errors in judgment by the authorities. These are legitimate aspects of wartime criticism in which we should discerningly participate.

It will involve, of course, both intellectual and moral honesty. We should keep as our touchstones the wisdom of Demosthenes and Quarles. Said the former: "You cannot harshly scrutinize the conduct of others, unless you have done what is right yourself." Said the latter: "Before thou reprehend another, take heed that thou art not culpable in what thou goest about to reprehend. He that cleans a blot with blotted fingers makes a great blur."

Loose, perverted, malicious criticism of Canada's war effort can be just as subversive in its effects as statements intended to cause disaffection or statements intended to prejudice recruiting, both of which carry stiff penalties. Such criticism attacks public confidence, undermines morale, produces friction.

The point is to avoid the stupidity of destructive criticism; it invariably degenerates into fault-finding or cynicism, the first productive of general furore and the second productive of individual dis-

may. It is folly to seek relief from war-economy injuries by wild comment that lacks basis in fact.

Uninformed disparagement is as bad as deliberately destructive criticism: it usually takes the blossoms from the tree along with the caterpillars. As Disraeli once said, "It is much easier to be critical than to be correct."

Criticism of policies and events that are finished and done with is hardly less destructive than uninformed criticism. Nothing is gained by a continuance of caustic comment of the Government for what it did not do in preparation for World War II. Everyone, the Government included, knows now that more should have been done. But repeated harping on that distant aspect of our struggle is detrimental to aggressive prosecution of its current aspects.

There is need of the closest co-operation of all organizations and individuals in speeding up, to the limit of Canada's ability, the part she can take in this fateful conflict. Anything that prevents the maximum expression of such activity is to be avoided. "The time is past," says Mr. W. J. Lindal, K.C., author of *Two Ways of Life*,¹ "when we can sit calmly back in discussion clubs and criticize differences of politics and Government policy. Two great forces are struggling for mastery today, authoritarianism and democracy. To win the battle for democracy we must put aside our criticism and muddling, and unite in an effort to stop the forces ranged against us."

¹ Toronto: The Ryerson Press, 1940.

Instead of now dividing our time and attention between quarrels as to why we should or should not have done this or that, let us settle down to the immediate problem of winning this war. Let us leave to History, the great pathologist, the business of conducting the autopsy unerringly at the proper time. With clinical detachment, History will affix the blame and award the laurels.¹

The happy medium to be aimed at is, not abundant futile criticism on the one hand, or complete lack of criticism on the other, but all frank and constructive criticism that may be necessary for pressing our struggle to a successful end.

A democracy without effective criticism rising from its individual members presents a pretty sorry picture. At best it would be a sign that progress had come to a standstill. At worst, it would precipitate a situation in which the forces of tyranny would take control of the machinery of government. Nora Waln, in her book *Reaching for the Stars*,² has a never-to-be-forgotten picture of the work of the secret police in Germany. Those Nazi minions were able to pounce silently on members of a community because no one was ready to criticize that expression of Nazi policy. Like frightened rabbits, the people went on nibbling in their cabbage patches till their turn came, and the enemy seized them too without any protests being evoked.

This is an extreme example of what can happen

¹ This is the advice of the *Hamilton Spectator*.

² Toronto: McClelland & Stewart, 1939.

when a nation's critical faculties are dormant. We would never expect such horrible malpractice to appear in Canada. Not only is the Canadian citizenry aware of its rights and eager to preserve them, but our Government is fortunately willing to face criticism. Upon occasion, it will even profit by offered criticism! Those are tremendous steps in the right direction. There is genuine promise from any institution which prefers sharp criticism that aids to lush commendation that betrays.

It is this Governmental awareness of the fact that two heads are better than one, that the entire nation's ideas are better than the ideas merely of the elected members, upon which you and I should capitalize, as still another way in which we can contribute personally to Canada's war effort. We can be active in criticism, and we can determinedly see to it that our criticism is practical and constructive rather than churlish and destructive.

This will mean a clear-headed scrutiny of every Canadian war activity, large and small, in the light of our own individual experience and learning.

It will mean that the moment we discover a weakness or flaw in any policy or practice, we will make it our job to get in touch with our particular Member of Parliament and carefully describe that discovery. Or if there is an aspect of our discovery that puzzles us we will contact our local political organization and thresh out the issue with its members before making suggestions—by letter or resolution—to our M.P. for its rectification.

It will mean that we will make it our job to

utilize the resources of the newspapers to make public any errors in war policy or follies in war practice, that we may see, *together with our considered ideas of setting the matter straight* in the name of efficiency and of more successful prosecution of our struggle.

As Prof. A. M. Low once whimsically said:¹ "If half the energy at present devoted to childish complaint was utilized to discover methods of controlling the sunshine and rainfall, we might sufficiently master the clouds to change the morals of a seaside hotel"!

In like manner, if all the energy wasted on silly and impractical criticism of Canada's war effort were utilized to improve that effort, Hitler and his stooges would have a bad case of jitters within a fortnight!

¹ *Tendencies of Modern Science*. London: Elkin Mathews & Marriot, 1931.

CHAPTER XI

THE VIRTUE OF STABILITY

Libra justa justitiam servat: A just balance preserves justice.

OLD LATIN PROVERB

Now that the great majority of Canadians have realized that "total" war means "war with all we have and are", there has been a commendable rallying. Each and every one of us is inescapably involved, and each and every one of us has one or more definite war jobs to undertake to assure the success of our struggle. But there is one other momentous job we all can do, no matter who we are, or what our rank or position may be.

It is excellent that each citizen understands as he can what World War II is about; it is excellent, too, that each citizen be ready to make sacrifices and contributions within his or her talents. But it is more excellent still if all citizens can maintain their intellectual and emotional balance! Indeed, it may be questioned whether the average citizen of Canada can at this moment undertake any more valuable war job than to establish and maintain a sensible attitude towards our war-time set-up.

This means more than mere tranquillity of mind and heart which will exclude undue concern and alarm about matters beyond the range of personal

knowledge and responsibility; it means more than just conveying to those who are carrying the burden of war direction the feeling that behind them are the citizens of Canada, confident and undepressed; it means more than being resolute in our intention to answer every call that may be made upon us.

It means that we should motivate every one of our actions with a sense of perspective, that we should take the long view of this gigantic clash of nations and ideals, that we should prevent our patriotism from degenerating into hate and resentment, that we should be a stable people in the present hour of crisis!

Pope Pius XII warned the world what the loss of individual and national perspective would mean.¹ His Holiness said that "he who wishes to avenge himself will meet with Divine vengeance." The Pontiff concluded:

In the present hour there is danger lest the noble, legitimate sentiment of love for fatherland degenerate into vindictive passion. The good, faithful Christian faithfully and generously defending the fatherland still must abstain from hating.

Do you wonder if this warning is applicable to us Canadians? What are the facts?

In July, 1940, the Winnipeg Civic Election Committee requested the Winnipeg School Board to support its resolution urging that German be struck off the curriculum of schools, colleges and universities in Canada for the duration of the war. The

¹ Associated Press despatch of June 10, 1940.

committee presenting the resolution¹ declared that German is "a barbaric and uncultured language".

Example One of vindictiveness in Canada!

This resolution was given a stunning and justifiable reply by Mr. Ian J. Harvey in an open letter to the *Winnipeg Free Press*.² Mr. Harvey spanked the Committee:

To the Editor,—Just what are we coming to in Canada? Who is there so ignorant as to state that the study of German is valueless? We condemn the enemy for what they have said and done in the realm of knowledge, blind to the past, we say of them, ignorant of truth and prostituting all things to a narrow nationalism. But in the light of the resolution, who are we to speak? Is the Committee's plea not the product of a blind "patriotism", which has caused its victims to think and talk in a way strangely similar to that followed by those we condemn? "A barbaric and uncultured language!" It might well be a quotation from Hitler himself. To me, German, potentially at least, serves two important functions, as does every other language. It opens up a new cultural realm to the student (and there was a German culture before 1932!); and secondly, by giving the student an insight into the mind and culture of another people through its language and literature, German goes far towards promoting international understanding, the only road to international goodwill.

A second example of war vindictiveness is the number of foolish charges of pro-Nazism laid against Manitoba public school teachers. Under the procedure in effect in Manitoba, these teachers appear personally before a discipline committee, which then considers the evidence and takes what

¹ This resolution was referred to the Manitoba Department of Education, but no further action has as yet (October, 1941) been taken.

² July 20, 1940.

action it deems necessary. Important to keep in mind is this fact: the majority of cases brought before the committee since the outbreak of the war have resulted in acquittals for the teachers concerned.

Take also the indiscriminate antipathy by English-Canadians towards fellow-workers who are European-Canadians. There is the case of the Cape Breton Island coal miners who deprived the country of thousands of tons of coal because they refused to go into the mines with aliens;¹ or the case of the large industrial firm where the employees threatened to strike if skilled workmen of German birth were not dismissed; or the Western Ontario city where seven employees of Italian birth were discharged by the Public Utilities, one having been in its service for twenty-three years. Such experiences unfortunately can be multiplied many times.

As examples of Canadian war vindictiveness, they are painful to witness and harmful to national stability. No less so is the bad dose of "fifth-columnitis" from which too many of us have been suffering.

Of course, there has been "Fifth Column"² activity in Canada; all too much of it. The story of Adrien Arcand, Fuehrer of the National Unity

¹ Reported by W. D. Hamilton in *Toronto Saturday Night*, Dec. 28, 1940.

² The term "Fifth Column" originated in the Spanish civil war. General Miaja of the Fascist forces said that four of his columns were marching on Madrid, which was making its last stand, while in the Republican capital was a "fifth column" working subversively for the Fascists.

Party, is familiar. The story of Bernard Bott, leader of the Hitler *Auslands* organization in Canada, is equally familiar.

They are actual instances of "Fifth Column" activities in Canada. They have been dealt with by the proper authorities. The authorities, also, have the names of certain other persons who might be "Fifth Columnists",¹ and these are carefully watched for any indications of subversive tendencies.

We have in Canada many aliens, some few of whom probably sympathize with the predatory European Powers, and some few of whom would probably be glad to help those Powers at the expense of Canada. Unfortunately, a number of Canadians will not trust our authorities with the problem of handling these potentially subversive influences. The consequence is "fifth-column-itis" with its attendant unrest and imperilled perspective.

In truth, unwonted popular suspicion of "Fifth Column" elements in Canadian life kindled a dreadful fire of hatred and contumely across our Dominion, not merely towards German-Canadians and Italian-Canadians but towards Canadians of all European origins. Drastic resolutions by meetings, conventions, and public bodies attacked these for-the-most-part innocent people. Indiscriminate distrust of Canada's newer citizens flared up over-

¹ There were dossiers on 16,643 suspicious aliens in the R.C.M.P. files as at June 26, 1940. In August it was announced that all Italians and Germans naturalized since 1922 must report regularly to the police.

night. So intensive did the campaign against suspected "Fifth Columnists" become that there were fears of actual violence breaking out.

Fortunately, however, a few brave and wise and humanitarian Canadians, both newspaper editors and private citizens, came forward and spoke on behalf of our "new" Canadians.¹

The "Fifth Columnists" in every democratic country in which they have operated have abused their liberties; they are as low and grovelling a form of human life as one can imagine. But they cannot be successfully fought by taking away the liberties of loyal citizens or of law-abiding aliens, who are honestly grateful for the hospitality they have found in our Dominion. We must stand firm in friendship for all who love liberty. The *Hamilton Spectator* echoed the sentiments of many reasonable Canadians when it wrote editorially:²

It is a sound and valued principle of British justice that a person is to be considered innocent until proof has been furnished of guilt. That principle applies to citizens of foreign descent as much as to the British-born. Suspicion is a cruel and dangerous thing when it is based on nothing better than empty gossip or malicious invention. It is not by idle tongue-wagging that Canada's alien menace is to be met; but by intelligent observation and properly directed action. All authenticated examples of subversive speech or disloyal conduct should be reported at once to the law enforcement authorities; but tale-bearing tittle-tattlers may even be less of an asset to the country than to the people they criticize.

¹ See *The New Canadian Loyalists*, by John Murray Gibbon, Toronto: Macmillans in Canada, 1941. A pamphlet.

² June, 1940.

Luckily for Canadian unity, the time has not come—and, Heaven willing, will not come—when Canadians will find a spy behind every bush and a “Fifth Columnist” behind every foreign accent.¹ Let us, for the sake of our war effort, make it our job to take a sane, balanced, stable view of our alien problem. Let us reduce the entire situation to its true perspective. The pace was set by Professor Watson Kirkconnell, acknowledged authority on Canada’s foreign-language peoples, in a remarkable letter to the *Winnipeg Free Press*:²

To the Editor,—May I be permitted to voice, through your columns, a protest against the unjust tide of race hatred that is now sweeping across Canada. Unreasoning panic over the so-called Fifth Column in this country is causing many people to lose their nerve entirely. Fear of Nazi sabotage leads on to hatred of all Canadians of German origin (although the vast majority are Canadian-born and fundamentally loyal) and this leads in turn to a blind prejudice against Canadians of all European origins, whether Slavic, German, Magyar, Italian or Scandinavian. On every side one hears of men and women dismissed from employment simply because their names are not Anglo-Saxon. At a mass meeting of public organizations held in Winnipeg last week, there was a perfectly alarming disposition to denounce all European-Canadians as “foreigners” and a menace to the country.

This is insanity of a perilous sort. I do not minimize the reality of anti-Canadian activities on the part of certain small groups, for I have had very specific knowledge of such groups and have not hesitated to disclose it on occasion. Handling such gentry is, however, a police job and not a case for a community hue and cry. The Anglo-Saxons, who now constitute less than one-half of our

¹ W. D. Hamilton pointed out in *Toronto Saturday Night* (Dec. 28, 1940) that “aliens are the worst disguise for a spy”.

² June 28, 1940.

Canadian population, should remember not only that the European-Canadians amount to nearly a quarter of our population (and are in an actual majority throughout much of the West) but that they have been overwhelmingly loyal to Canada. A group like the Ukrainians are over their quota in enlistments and even the German Mennonites have been giving large sums to the Red Cross and to Polish relief. During the past fifty years we have gone a long way towards building all these nationalities into a single Canadian people. The second and third generations think of themselves primarily as Canadians. And now some wild-eyed Anglo-Canadians, crazed with fear, are endangering this whole achievement by their indiscriminate hatred and injustice towards the whole two and a half millions of these Canadians of European origin. Nation-building is a slow, laborious business, but nation-wrecking can be done with appalling rapidity if such hysteria proceeds to wrong and embitter large sections of our populations.

The most dangerous Fifth Columnist is a patriot in a panic; for he can do more to destroy public morale than half a dozen paid spies. Let us have an end of public panic meetings on the Fifth Column problem. Calm justice at home is the best guarantee of that strong and inexorable foreign policy by which we shall contribute to a British victory.

As a matter of cold fact, European-Canadians constitute over 20 per cent. of our population. The overwhelming majority are Canadian in consciousness and sentiment. They have enlisted in the C.A.S.F. in goodly numbers, they support our national war effort in many other ways. And most of us do not deserve much credit for their fine performance. As Mr. N. S. Campbell pointed out:¹

We Anglo-Saxons have failed deplorably in our duty to our newcomers. Aside from opening our schools to their

¹ In a letter to the *Winnipeg Tribune*, June 28, 1940.

children we have left them severely alone. They have had to acquire for themselves, by the system of trial and error, a knowledge of democratic institutions and of the machinery by which democracy is made to work. The surprising thing is that democracy has won their loyalty in spite of our indifference. Now, to hold their loyalty, we've got to do something more than call them traitors.

For the sake of Canadian unity, for our own salvation as well as theirs, we've got to help these neighbours find their niches in every sphere of community life. We must be not only tolerant—"sanely and generously just," as Professor Kirkconnell puts it; we ought to go out of our way to practise downright, positive neighbourliness. We ought to satisfy ourselves as to the contributions being made to the common cause by these fellow Canadians and see that their efforts receive public recognition.

Doing that, and leaving Fifth Column detection to the proper authorities (with such promptings as the Government may need from public-spirited voices) we shall find our fears giving place to "resolute confidence"—based on a better knowledge of our neighbours.

Here, then, is still another war job for you and me. We must do everything in our power to halt stupid and wasteful witch-hunting among our law-abiding foreign-born aliens and citizens. We must lead the way in harnessing their energy for the more efficient prosecution of our struggle.

Let us keep our perspective, or we shall be in danger of losing on the home front the very principles of tolerance and justice for which we have created and are maintaining a fighting front to protect. It would be a tragedy for Canada if we were to wreck our country's unity simply through letting fear and prejudice run away with us. We should not deny the advantages of democratic institutions and the reality of the rational and

humane values that are traditionally associated with them. And the best way to preserve those qualities is to maintain our intellectual and emotional balance!

Let you and I be constant because "constancy is the foundation of the virtues". Let us cry out, with Emerson, for tranquillity:

Teach me your mood, O patient stars!
Who climb each night the ancient sky,
Leaving on space no shade, no scars, . . .

Out of such constancy, such tranquillity, will come a national force of tremendous weight. Having those admirable qualities we will achieve national stability. And having national stability we can most efficiently help crush the evil of Hitlerism. It is time for strong policies abroad, for calm justice at home, and, above all, for a sense of values on both fronts.

CHAPTER XII

ANTIDOTE TO "TOTAL" WAR

Dreams, books, are each a world; and books, we know,
Are a substantial world, both pure and good.
Round them, with tendrils strong as flesh and blood,
Our pastime and our happiness will grow.

WORDSWORTH

IN "TOTAL" war there is always the problem arising from too complete an immersion in its widespread activities. The individual citizen, far from being overly willing to leave everything without question to others, involves himself deeply, in a psychological manner.

We mull over most of the war issues in our minds during practically all of our waking hours. Each of us becomes his own strategist; we note the blunders of the militarists, as we see them; we outline the counter-stroke that would change the tide of war; we watch the flow of battle, as it is recorded fragmentarily in the press despatches and on the radio.

In other words, the war is ever with us, not only to the upsetting of our routines but also the unsettling of our spirits. Acute and dangerous psychological tensions are consequently set up.

Is there no antidote to this serious and far-reaching threat to the adequate prosecution of our struggle? There is; and it is near at hand, inexpensive, and available to all.

In the reading of books we can escape momentarily from the stresses of "total" war. In books—whether wise books, witty books, books of imagination, books which unroll the past or make a pathway through the stars or delve into the mysteries of matter or elucidate the record of the rocks—in books we have the required antidote. In high or intimate converse with books we can refresh our mind and steady our outlook.

As Carlyle truly said, "of all the things which man can make here below, by far the most momentous, wonderful, and worthy, are the things we call books". The tributes fly thick and fast. "Books are lighthouses erected in the great sea of time" (Whipple); "books are the ever-burning lamps of accumulated wisdom" (Curtis); "books are legacies great genius leaves to mankind" (Addison); "books bulge back the horizon of life for human beings" (Stidger); "books are hoards of wealth you can unlock at will" (Wordsworth).

Almost from the beginning of World War II the people of Britain made the re-discovery of books. At first books were employed to break the tedium of blackouts and petrol rationing which kept civilians close to firesides; now, books are employed for a higher end—for the benison they give to bruised, strained, overwrought minds. The British appreciate Jesse Lee Bennett's appraisal of books: "Books are the compasses and telescopes and sextants and charts which other men have prepared to help us navigate the dangerous seas of human life."

We of the Canadian home front might well emulate the British people's wise and insatiable desire for books at this trying time in our national history. We are involved in perhaps the most gigantic enterprise the world has ever seen—the disaster of totalitarian war. We need every single aid to prosecute our share of it with vigour, with efficiency, and with a minimum of spiritual expense. Books and reading are indisputably one such aid.

There is scarcely a mood, hardly ever a fear, certainly never a sorrow, which has not been explored in words by some exceptional mind. The entire range of those human experiences has been expressed in beautiful or striking language in books. And if we, in the throes of personal contact with such experiences, turn to what genius has felt and known, surely we must profit thereby! The danger of our being wounded or destroyed by unavoidable wartime emotional explosions is immeasurably lessened by sagacious familiarity with the benison of books.

Nor does the matter stop there. This important contribution of books to our lives is enhanced because of the power of books to increase our delight in every other outlet for our energies; inclination will carry us to books which whet our enthusiasms for nature or science or history or art, or whatever else may capture our interest. The books which are made for us—when we find them—are magic tokens which eliminate age from our mind, roll back the years to Homer, open the veils of the

future for a vision of the sociological wonders to come.

Books, indeed, are a marvellous source of strength, delight, and satisfaction for us during wartime. On every hand can we find books that will help us understand not only human experiences but understand also the elaborate organization of life. There are noble-minded books, strength-giving books, purifying books, courage-producing books; there are books that evoke eagerness for living, resolution for service, conviction for pressing onward. And most of all there are vast armies of books peopled with imaginary men and women "who never trod the earth but are the children of their creators." Here is Mr. Charles J. Finger's estimate of this brave company:¹

They are, for all their lack of flesh and blood, sometimes more real to us than those we meet in daily life. They have helped, sustained, cheered, invigorated us; and we know we should have been immeasurably the poorer had we not known Corporal Trim, and Tom Jones, and Sir Roger de Coverley, and John Falstaff, and Hervé Riel, and Brant, and Red Jacket, and Judge Pyncheon, and Puritan Priscilla.

The reasons for turning to books are thus clearly demonstrable; they are many, varied, and irrefutable reasons. We can turn to poetry for aspects of universal and infinite truth; to fiction for character study, Homeric adventure, affectionate humour; to biographies and histories for precepts and examples; to Nature studies for lessons in the curious combination of change and immutability

¹ *After The Great Companions*, New York: Dutton.

that is in all existence. We can read old books, sitting studiously and holding high converse with the mighty dead; we can read new books and discover the diastole and systole of contemporary life. We can find consolation, inspiration, perspective, in books. At one end of the scale, we can employ books to attain a sense of values; at the other end, we can use them as a deliberate but dignified and salutary antidote to "war fatigue".

As Carlyle assures us, "all that mankind has done, thought, been, is lying as in magic preservation in the pages of books." In good books we do find inlook, outlook, uplook. As we grow ready for it, we will always discover what is needful for us in a book. And those of us who neglect to dip into this fabulous reservoir of comfort and tranquillity, of inspiration and excitation, of guidance and benediction, well deserve Shakespeare's castigation:

He hath not fed of the dainties that are bred in a book;
he hath not eat paper, as it were; he hath not drunk ink;
his intellect is not replenished; he is only an animal, only
sensible in the duller parts.

If we read books discerningly we will never lack faithful friends, cheerful companions, effective consolers; we will have support in solitude, beguilement in ennui, strength in crises. Books help us to bear the crassness of men and the crudeness of things; they reduce our cares to objective proportions and compose our passions; they soothe the sting of our disappointments. The consistent, intelligent, absorptive reading of books not only

helps us to endure living; it also aids us in discovering what we think and what we are, it enables us to do more and better work in whatever may be our particular field.

But note the adjectives—"consistent, intelligent, absorptive" reading. There are many kinds of readers. Frank Sullivan once listed them according to his experience:¹ "casual, average, gentle, constant". Coleridge, investigating the reading public of his day, drew some interesting conclusions:

One class of readers may be compared to an hour-glass, their reading being as the sand; it runs in and runs out, and leaves not a vestige behind. A second class resembles a sponge, which imbibes everything, and returns it in nearly the same state, only a little dirtier. A third class is like a jelly-bag, which allows all that is pure to pass away, and retains only the refuse and dregs. The fourth class may be compared to the slave of Golconda, who, casting aside all that is worthless, preserves only the pure gems.

Foolish reading of books may upon occasion be as bad or worse than no book reading at all. To choose books indiscriminately is like buying shoes without looking at their sizes; books should be selected with definite purposes in view. To persist in reading a kind of book that adds nothing to one's experience is like trying to wear one's childhood clothing: the wise cling to books that continue capable of helping them; but the sensible periodically weed out and discard those they have outgrown. To read without reflecting is abusing

¹ *The New Yorker*, July 24, 1937.

books: it is, as Burke said, like eating without digesting. John Milton warns us against such parrot-reading, against reading without sagacity:

Who . . . to his reading brings not
A spirit and judgment equal or superior
(And what he brings, what needs he elsewhere seek?)
Uncertain and unsettl'd still remains,
Deep verst in books and shallow in himself,
Crude or intoxicate, collecting toys,
And trifles for choice matters, worth a sponge;
As children gathering pebbles on the shore.

Let us, therefore, if we want our book reading to contribute to our individual personalities, and thus to contribute indirectly to the prosecution of our struggle—let us therefore avoid foolish reading. It is not wide reading that tends to excellence so much as it is the reading of those books which make us think most.

However, this is advice that needs qualification. As bipeds, we must learn to crawl and toddle before we can walk and run. This applies to reading. It is not possible for all of us, at all stages of our reading experiences, to read the finest books. We may not have the mental equipment or the desire or the opportunity: we may have to improve the first, cherish the second, cultivate the third. Johnson declared: "A man ought to read just as his inclination leads him; for what he reads as a task will do him little good." A year or two ago Mr. E. M. Forster, noted British novelist, gave his ideas for a reading pattern. He said: "Read what you enjoy; don't be ashamed of it; but if

you enjoy both good stuff and bad, give the good stuff the preference."

As a matter of fact, if we can get anything that is invigorating and self-improving out of a book, the reading of that book has not been foolish. And as our insight into the life-processes develops, so will our reading tastes and demands; we will want books on an advancing scale of quality.

Wise reading is, however, intelligent and well-directed reading. Let us not scatter our reading: we will go furthest in our reading if we start on some subject of intense interest; then we will not be satisfied until we have a thorough understanding of a considerable number of inter-related subjects.

In that way will we become actively interested in performing to the best of our ability each war job we undertake, and in making our own particular contribution to the prosecution of our struggle.

Such is the conclusion of this important matter, though there is a great temptation to propose lists of famous or compelling or appealing books. But the whole book world is so vast, and the number of books that excite or inspire, that assuage or comfort, is so great, that the chore would be fantastic. Or, at least, it is slightly beyond the compass of these pages. But the inexperienced will easily get willing help from any book publisher, bookseller, literary editor.¹ They can readily sug-

¹ Or write to the National Secretary, the Canadian Authors' Association, P.O. Box 167, Ottawa.

gest books whose humour will beguile melancholy, whose strength will bolster faint-heartedness, whose courage will prick fear, whose guidance will banish hesitation.

If we have not been able individually to carry over from peacetime into wartime the habit of friendly converse with books, let us set about at once learning that habit. It is an important war job.

A book is a bank from which we can always draw cheques of entertainment, instruction, inspiration—without ever having it report “N.S.F.”! Furthermore, as H. G. Wells says: “Nothing can pull our minds together as powerfully as books.” They are, in short, the ideal antidote to “total” war, as well as an indispensable aid in the successful prosecution of such war.

If the first Prometheus brought fire from heaven in a fennel-stalk, the last will take it back—in a book! So declares John Cowper Powys,¹ and who dare refute him?

¹ *The Enjoyment of Literature*, New York: Simon & Schuster, 1938.

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